



WinningSTATE Women's Basketball: The Athlete's Guide to Competing Mentally Tough (4th Edition)

Steve Knight

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WinningSTATE inspires players to face the pressure head on, 100% believe, and execute with conviction. Players get the skills to conquer the nerves, fiercely compete, and win!

Your mind is your most powerful weapon. Train it!

WinningSTATE-Women's Basketball: The Athlete's Guide to Competing Mentally Tough

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