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The Champion's Mind Summary -
Jim Afremow

The Champions Mind (How Great Athletes Think, Train, and Thrive) by Jim Afremow, is an inspirational, all around great book. I have always focused on the physical side of my game, and this

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someone who is bent over,

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Book Summary: The Champion's
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When he was packing up to move to his dorm, I saw him put The Champion's Mind in his workout bag. His next goal is to earn a scholarship with his team, and while he has no control over that final decision, he has complete control over leaving them no

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choice but to offer it to him. I give
it five stars because of my son's
reaction to the book.

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Think Train And Thrive means that no matter what your goal is to compete against yourself not others. Every day you must wake up with the same smile and enthusiasm to get at least 10 inches closer to your end-goal.

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