



# The Ultimate Mental Toughness Guide: Junior Roller Derby

*Naomi Weitz*

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# The Ultimate Mental Toughness Guide: Junior Roller Derby

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## **The Ultimate Mental Toughness Guide: Junior Roller Derby** Naomi Weitz

Get out of your head and into the game! This book's unique, holistic approach to mental toughness training includes concepts, skills and activities from the areas of mindfulness, psychology and yoga! Achieve your best performance in roller derby and life! This book will help you to commit to your goals, be mindful, have fun, be focused, be consistent, perform your best, be confident, get out of your comfort zone, be a great teammate, build your character, do some yoga!

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