



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

Steve Knight

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WinningSTATE -Football focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE teaches players a mental-toughness skillset to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice.

WinningSTATE is for all ages and abilities. It's for players who want to consistently bring their "A-game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, compete mentally tough, and execute with conviction. Players get the skills to handle the pressure, fiercely compete, and win!

Your mind is your most powerful weapon. Train it!

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