



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

*Steve Knight*

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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!

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

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