



# The Resilient Runner: Mental Toughness Training for Endurance Runners

*William A. Peters*

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## **The Resilient Runner: Mental Toughness Training for Endurance Runners** William A. Peters

Mental toughness is a must for success in endurance running. But who can afford to hire a sports psychologist to learn the fundamentals necessary to succeed? This book will help you uncover your mental skills and teach you techniques to strengthen your mental toughness. It contains detailed sections on motivation, performance anxiety, athletic pain, and race strategy. You will learn the mental skills necessary to better motivate yourself, overcome pain, perform better in races, and gain more enjoyment from running. In short, it will help you become the best runner you can be.

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