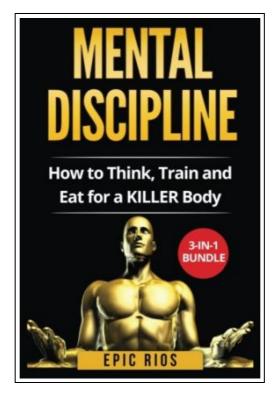
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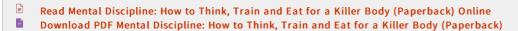
(Ashton Kassulke)

MENTAL DISCIPLINE: HOW TO THINK, TRAIN AND EAT FOR A KILLER BODY (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do You Want to Know How to Think, Train and Eat for a KILLER Body? Then this extraordinary Mental Discipline - 3 Book Bundle will help you develop a Warrior Mindset and Body! MENTAL DISCIPLINE includes the following books: (1) Mental Toughness (2) Bodybuilding (3) Strength Training The first book, Mental Toughness, will teach you how to use mental toughness in your everyday life. Not only that, but you are also going to learn how to develop: (A) A warrior spirit so that you can deepen the connection you have with your spiritual self. (B) Mental clarity so that you can make decisions while you are under pressure and know that the decisions that you make are the right ones. (C) Intuition so that you can learn that trusting your gut is going to be the best bet, especially when under pressure. (D) Razor sharp concentration to ensure that you are staying focused on your goals. (E) Leadership authenticity which will make you a service oriented teammate as well as a heart centered leader. (F) And finally, self-awareness for the purpose of learning more about your personality, emotions, behavior, motivation and thought process. The second book, Bodybuilding, teaches you how to develop an amazing looking body like the Ancient Greek Gods. This book explains the importance of having a well-proportioned body as well as How to develop a well-proportioned body. This book goes over the type of workouts, exercises and daily training the Ancient Greek Gods performed every day in order to develop such well sculpted artistic bodies. This book provides you with and an 8 Week Training Program that will help transform your body into a modern day Greek God....



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