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rockstar. Well, actually he's an Olympic Gold Medalist (in rifle shooting) and the author of a stunning book called "With Winning in Mind" - my #1 favorite mental training book. Mon, 05 Nov 2018 22:07:00 GMT With Winning in Mind by Lanny Bassham (Book Summary) - With Winning in Mind is a great book for anyone interested in having a consistent mental performance under pressure. Written by an Olympic Gold medalist it will give you an introduction to Mental Management and is packed with techniques for competitors. Sat, 10 Nov 2018 00:47:00 GMT With Winning in Mind by Lanny Bassham on Apple Books - In celebration of selling 3 million copies, FaithWords is publishing a special updated edition of BATTLEFIELD OF THE MIND. Worry, doubt, confusion, depression, anger and feelings of condemnation: all these are attacks on the mind. Battlefield of the Mind: Winning the Battle in Your Mind ... - This is a great book for anyone interested in having a consistent mental performance under pressure. The book will give you an introduction to Mental Management and is packed with techniques for competitors. Learn how performance is a function of three mental processes, how to control the mind under pressure and how to train

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