



Goldminds: Gold Medal Mental Strategies for Everyday Life

Audrius Barzdukas

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What makes a champion? U.S. Olympic Council Sports scientist Audrius Barzdukas explores the characteristics of gold medal achievers in vivid, jargon-free language and explains how anyone can use these Olympians' mental processes and strategies to succeed in any competitive arena. B&W illustrations.

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Audrius Barzdukas

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