



WOD Motivation: Quotes, Inspiration, Affirmations, and Wisdom to Stay Mentally Tough

By Eleanor Brown

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, WOD Motivation: Quotes, Inspiration, Affirmations, and Wisdom to Stay Mentally Tough, Eleanor Brown, WOD inspiration from CrossFit Journal contributor and New York Times bestselling author Eleanor Brown! You know WODs are tough--on your body and on your mind. You know that when your legs are shaking and you can barely breathe, it takes more than physical strength to make it all the way to-and through--the final rep. WOD Motivation is here to help you build the mental toughness you need to finish every workout with pride. You can use the motivational quotes and affirmations in this book to face your WOD with discipline and determination, and to boost your mental strength when you need it most. Whether you're blasting through burpees or knocking out deadlifts, WOD Motivation supports you as you power through to your new personal best.



Reviews

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- Rachel Stiedemann

An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating through studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Josefina Yundt

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