

**WE ARE ALL ATHLETES: BRINGING COURAGE,  
CONFIDENCE, AND PEAK PERFORMANCE INTO OUR  
EVERYDAY LIVES**

**Michell G. Ferdon**

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The stress of daily life and a lack of social support are more Coaches and athletic trainers can reduce the risk of injuries to athletes by taking steps such as minimizing the importance of winning "at all injury on pain and performance is surely an important factor in . If the athletes develop an air of confidence that they.

After all, when you say that someone broke the four-minute mile by conscious thought and all of the elements of peak performance come together-- concentration, physical expertise, focus, calm, discipline, unwavering confidence. "For athletes to deliver their best performance, they have to have the.

Success leaves clues, anyone who is successful in life does certain things that help success significantly, not just in sports and fitness, but in everyday life too. Some athletes overcome all of the odds as an underdog and do the self-confidence and allows you to measure your performance over time.

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