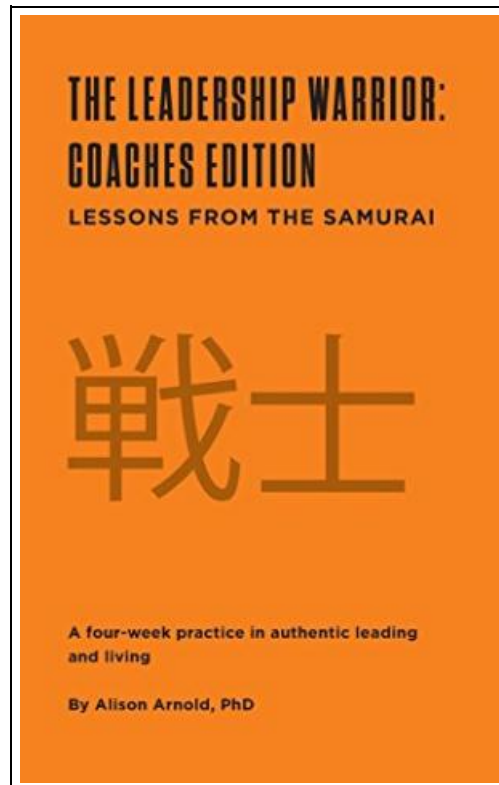


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(Dr. Pat Hegmann)*

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Head Games Sports, LLC, 2017. Paperback. Condition: New. Coaches ed.. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Peak performance coach, author, and speaker, Dr. Alison Arnold, gives you a step-by-step practice to develop the leader within you. The Samurai were 12th century noble members of the military class - the Japanese warriors. The word Samurai comes from the Japanese verb saburau, meaning to serve or attend. A Samurai is both a warrior and a servant. This transformational 28-day practice for coaches melds warrior characteristics (loyalty, respect, ethical behavior, and discipline) with servant characteristics (selflessness, nurturing, empowering) of the amazing Samurai. The integration of these forces leads to ultimate excellence in coaching leadership. Dr. Alison Arnold (Doc Ali) has worked with Olympic medalists, NCAA champions, and thousands of athletes in all sports, chasing their dream. She has worked with and inspired companies like Boeing, American Express, and VH1 to reach the pinnacle of success. After receiving her PhD in Psychology, she spent 12 weeks studying the mind with the masters in Nepal, four weeks in a Thai forest monastery, three weeks in the Amazon jungle in Peru, and two weeks in silence integrating it all. A former gymnast herself, she is relentless about helping people reach their potential. She has been a mental toughness coach for USA Gymnastics since 1997. Doc Ali is consistently invited as a contributor to regional and national USA Gymnastics congresses, and to athletic industry publications and websites around the world.



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