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Mindset: The New Psychology of Success Carol S. Dweck, Ph

A grounded theory of psychological resilience in Olympic champions David Fletcher*, Mustafa Sarkar School of Sport, Exercise and Health Sciences, Loughborough University, Epinal Way, Loughborough, Leicestershire LE11 3TU, United Kingdom

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The first key to a championship mindset is commitment to your goals and having clarity of purpose. Every team in Major League Baseball starts the season with the mission to win the World Series, but only a few teams really are able to feel and picture winning the World Series.

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