

INSIDE MENTAL TOUGHNESS TRAINING AT WEST POINT

THE CONFIDENT MIND



• • • • •
A Battle-Tested
Guide to
Unshakable
Performance
• • • • •

DR. NATE ZINSSER

*"Studying confidence with Dr. Zinsser helped me win two Super Bowls.
I recommend *The Confident Mind* to competitors everywhere."*

— ELI MANNING, Two-time Super Bowl MVP

The Confident Mind The Certain Confidence

Léo Pomar



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