

## Mental Toughness Baseballs Winning Edge

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Athletes hear professional athletes and Olympians espouse the virtues of mental toughness training and how mental toughness was the reason for their great athletic achievements. Tom Brady, quarterback of the New England Patriots highlighted the importance of mental toughness, "Football is so much about mental toughness, it's digging deep, it's doing whatever you need to do to help a team ...

### **Athlete's Mental Toughness Training | Sports Psychology ...**

Mental toughness was developed for athletes, and used extensively today by elite athletes and increasingly more junior athletes to give them an edge in competition. Figure skaters, gymnasts, triathletes, runners, crossfit competitors, and anyone that considers themselves (or wants to become) a high performing athlete can benefit from mastery in mental toughness.

### **What is mental toughness? | Mental Toughness Inc.**

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Winning Edge Psychological Services was founded by licensed psychologist Joe Lenac. Joe's background includes training in clinical psychology as well as sport psychology. His training in both clinical and sport psychology provides Joe with the flexibility to understand not just sport psychology issues but personality and mental health issues as well.

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