



Strong Starts in the Mind: Workout Journal #2 (Strong Starts in the Mind: The Workout Journal Collection)

Lisbeth Darsh

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This book will transform the way you experience your workouts. Want to bring out your best physically and mentally? Want to improve your body, your mind, and your spirit? Here's the book to help you do that every day. Drawing on her extensive background in training and mindset, Lisbeth Darsh sets you up for success with this simple and elegant approach to fitness tracking. It's all of what you need and none of what you don't: 150 workout entry pages, each with a unique motivational thought for the day written by Lisbeth. With this workout journal you can:

- Set goals
- Log your workout, sleep, nutrition, and soreness
- Improve your mindset
- Make your training time intentional
- Get stronger mentally
- Increase your focus
- Have fun (there's humor, too!)
- Emphasize the process over outcome
- Avoid comparing yourself to others
- Increase excellence

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