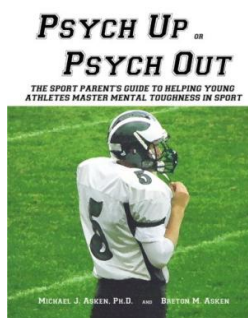


Psych Up or Psych Out: The Sport Parent s Guide to Helping Young Athletes Master Mental Toughness in Sport



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