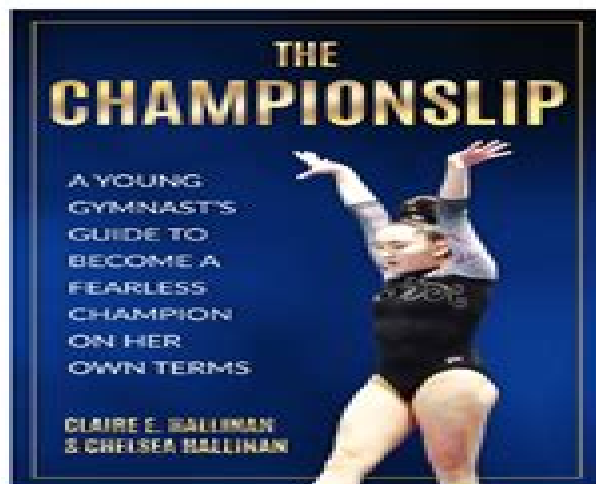


The Championslip: A Young Gymnast's Guide to Become a Fearless Champion on Her Own Terms



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Description :

What is your definition of a champion? Mastering difficult skills? Getting perfect 10s? Saluting tall and proud with a gold medal? In daily practice at the gym, young champion-hopefuls physically work hard, but they often struggle with fear and self-doubt. One teenage gymnast, Chelsea, shares the experience of her falls throughout her nine-year gymnastics career. Her honest voice encourages her fellow gymnasts to allow mistakes and rise up, no matter what. Rise up and try again. This simple yet tough attitude is the key to success in gymnastics. The Championslip reveals how building mental strength helps your championship journey. In this book, the reader will learn

- The key components of the Resilience Cycle
- How your brain and body work together
- How to conquer fear
- How mindfulness impacts an athlete's success
- How to navigate your fear and transform it into your cool

Your confidence can be built by training your body and mind simultaneously. The Fearless Flowcharts included in the book are a guide to help you conquer fear through effective and logical self-talk. When you notice what you are doing and how you are doing it, you can get yourself back on the right track. You create your own version of a championship in your athletic journey! At the end of the day, you determine what a true championship is for YOU. And you will find a true champion inside.

Scott Pearson The Gymnast Study Guide

JL Elias



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