

**Becoming Mentally Tougher In Swimming By Using
Meditation: Reach Your Potential By
Controlling Your Inner Thoughts [Kindle
Edition] By Joseph Correa (Certified
Meditation Instructor)**

**By Joseph Correa (Certified Meditation
Instructor)**

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<http://blogs.psychcentral.com/leveraging-adversity/2014/10/want-to-be-mentally-tough-stop-doing-these-five-things/>

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the Everett Daily Herald

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Competitive Advantage: Sports Psychology and Mental Toughness -

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