

Between The Sheets: The Silver Lining - , H. Scholz Guy

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How can the secrets and strategies of great curling champions be learned and taught? Is there more to their success than technique? Olympic silver medalist, Cheryl Bernard, teams up with curler and bestseller author, Guy Scholz to uncover the keys to success both on and off the ice. Concentrating on the mental and motivational aspects of the sport, Between the Sheets spotlights the importance of team dynamics, mental attitude, coaching, practicing and more. Meet the members of Team Bernard and read their inspiring stories about dedication, perspective, teamwork and triumph. Drawing on strategies, experiences and wisdom from legendary curlers and athletes, Between the Sheets will help you live, play and perform at your peak. Author: Cheryl, L. Bernard Author: Guy, H. Scholz Publisher: Polished Publishing Group Illustration: N Language: ENG Title: Between the Sheets: The Silver Lining Pages: 00000 (Encrypted PDF) On Sale: 2011-01-01 SKU-13/ISBN: 9780986763205 Category: Sports & Recreation : Sports Psychology Category: Biography & Autobiography : Sports - General Category: Sports & Recreation : History

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