



## The Mindful Athlete Audio Companion

By George Mumford

BRILLIANCE AUDIO, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Michael Jordan and countless other NBA stars credit George Mumford with transforming their game. A widely respected public speaker and coach, Mumford shares his story and strategies in The Mindful Athlete. His proven techniques transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist.



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