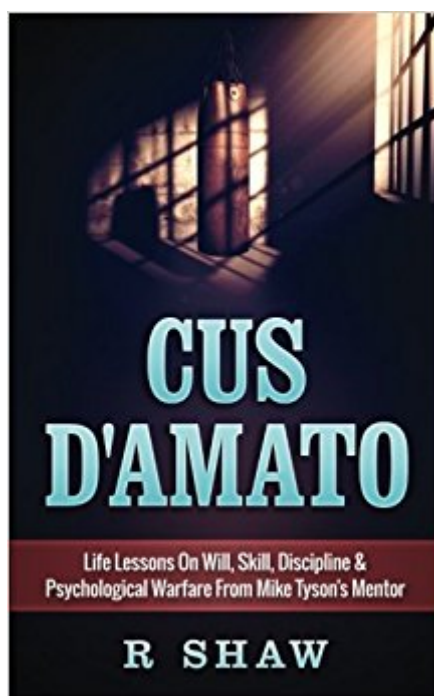


The book was found

Cus D'Amato: Life Lessons On Will, Skill, Discipline & Psychological Warfare From Mike Tyson's Mentor



Synopsis

10 Lessons From The Coach Of The World's Baddest Man Principles, Techniques & Tactics From Cus D'Amato Are You Ready To Learn Lessons To Improve Your Life In All Aspects? If So You've Come To The Right Place... Here's A Preview Of What This Cus D'Amato Book Contains... An Introduction To Cus D'Amato The Mind & Professionalism Fear Is Like Fire (How To Harness It!) How To Stay Calm & Focused How To Set & Conquer Goals With Purpose How To Build Iron Discipline (And Why This Is The KEY To Success) Deserving Success The Power Of Repetition - Both Physical & Affirmations Harnessing The Power Of Your Mind And Much, Much More!

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Customer Reviews

Just a book of Cus quotes while the author writes about what Cus was saying. You're better off to buy Mike Tyson's autobiography and read what Mike has to say about Cus's words.

An interesting and brief compilation of motivational axioms. It included the training program of D'Amato's protege, Mike Tyson.

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