



The Brave Athlete: Calm the F*ck Down and Rise to the Occasion

Lesley Paterson, Simon Marshall PhD

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***The Brave Athlete* is a practical, step-by-step guide that solves the 25 most common mental conundrums athletes face in their everyday training and in races.** In this mental makeover from professional athlete Lesley Paterson and sports psychologist Dr. Simon Marshall, you'll find new speed and joy in your sport by overcoming patterns of thinking, feeling, or acting that sabotage your potential and enjoyment.

Whether you're facing your first 5K or lining up at the World Championships, endurance sports demand courage, determination, and the ability to save yourself from mental pitfalls. Applying new science and hard-earned wisdom, *The Brave Athlete* gets down and dirty to conquer real problems faced by athletes of all levels.

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