



Toughness Training for Life: A Revolutionary Program for Maximizing Health, Happiness and Productivity

James E. Loehr

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Sports psychologist and trainer **Jim Loehr** applies his expertise from the playing field to the trials and tribulations of everyday life. Drawing on years of research and experience, Loehr provides a step-by-step approach that combines mental and physical conditioning with the latest scientific advances in nutrition to create a mind-body synergy that reinforces the immune system, builds energy levels, and toughens you up all-around.

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