

Mental Toughness For Wrestling [Kindle Edition] By Cole Tucker

By Cole Tucker

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Everett Daily Herald, June 13, 2014. June 13, 2014 edition of the Everett Daily Herald

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We have heard it time and time again: when it comes to wrestling, mental toughness is key.
But I don't think we recognize just how important it actually is.

(& David L. Felts) -#461 H Wrestling with the Past Rich Mehrenberg -#462 Week of
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There are a few qualities that are necessary for mental toughness, but are hardly ever mentioned in the same breath. A positive attitude is one example.

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