

Download Dont Should On Your Kids Build Their Mental Toughness

Hi, This a very good article, in fact, my real life experiences has taught me lots of 'mental toughness' and it says most of them. However, now i am married and my husband brings me down. "I do not look back at what might have been. If I did that, playing golf would drive me crazy." Tiger Woods, PGA golfer. DR. G'S COMMENTS: The past can have one of two purposes in your life as an athlete. You can use it constructively to get smarter, strengthen your weaknesses and thus build up your confidence or you can use it self-destructively as a stick to beat yourself down with. Your child is your problem, not mine. Parents long ago decided that it didn't take a village to raise a child, it took a maniacal safety-obsessed totalitarian parent to raise a child. Eric says: 3/2/2019 at 8:59:03 PM. It's not an either or choice. The article is great fodder for discussion, but what coach out there is exclusively teaching their kids zone, even if they're mostly using it games?