



# Triathlete Eq: A Guide for Emotional Endurance

*Izzy Justice, Heather Gollnick, Dr Izzy Justice*

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**Triathlete Eq: A Guide for Emotional Endurance** Izzy Justice, Heather Gollnick, Dr Izzy Justice

All endurance sports are as much a test of your emotional endurance ability as they are a test of your physical ability. Though most are aware of this, few actually know how to train for, and apply, emotional endurance skills during a race. This very cutting-edge book brings together the experience of 5-Time Ironman Champion, Heather Gollnick, and sports neuropsychologist, Dr. Izzy Justice, to provide you with both invaluable knowledge and EQ exercises to incorporate into your training, pre-race, and race-day plans to give yourself a chance to perform at your best when it counts the most.

This book provides a unique, detailed, and much needed look at the emotional and mental aspects of training for triathlons. It clearly explains the underlying theory as well as offering easy to follow, practical advice and techniques that any athlete can use - from elite level to novice - to strengthen and use the mind to achieve more than they ever thought possible.

- Chrissie Wellington, 4-Time World Champion

Never underestimate the power of being excited and motivated. Emotions are a big part of sports. This book helps with managing them to perform better.

- Andy Potts, Olympian, 70.3 World Champion

Emotions, mental fortitude, and imagery are core to success in triathlon races. Those that have trained for them will perform better. This ground-breaking book will help you do that.

- Meredith Kessler, Ironman Champion, 70.3 US Pro Champion

For any triathlete, brand new or seasoned, I guarantee that reading this book will give you some awesome new tools so that every race and workout is a great one.

- Bob Babbitt, USAT and Ironman Hall of Fame

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#### **Michele Fernandez:**

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