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The Only Athlete Daily Planner: Methodically Organising Training, Nutrition And Your Mindset.

Benjamin P Bonetti

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THE ONLY ATHLETE DAILY 6 MONTH PLANNER - METHODICALLY ORGANISING TRAINING, NUTRITION AND YOUR MINDSET. This is your journey. It doesn’t start now: it started a long time ago. You are already in the middle of it, and every moment that goes by, a moment of it passes. There is no used arguing with it, no use trying to change it. You have to go with it. Accept that this is the way your journey goes. It is something that never pauses, something that never goes on break. For many people, this realization may be a scary one to internalize, but not for you: you are different. You cherish the reality of your journey, knowing that you are doing what you can to get the most out of it. We respect you for that, and we want to help you along your way. With The Only Athlete Daily Planner - Methodically Organising Training, Nutrition and Your Mindset, we have created an invaluable resource to get you where you want to go in your journey. Designed to encourage athletes to push themselves harder and to demand more of themselves, this daily planner is perfect for anyone who knows they could be doing better and who needs a little more organization in their life to do so. Don’t let any more of your journey pass by: get The Only Athlete Daily Planner today.

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