



The Ultimate Achievement Journal: Daily Inspiration for Peak Fitness Performance

Halley Perlus Ph.D.

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Haley Perlus Ph.D.

The Ultimate Achievement Journal: Daily Inspiration for Peak Fitness Performance Haley Perlus Ph.D. The achievement journal is Perlus' first of many steps along her journey to becoming the expert on inspiring and guiding individuals toward achieving their peak performance in every domain. All fitness professionals and current success/achievement journals tell the consumer what to eat and how to train. The missing element is how to develop mental toughness. Therefore, using proven mental toughness techniques and sport psychology, Perlus teaches consumers how to achieve their goals while recommending they follow what they've been told to eat and how they've been advised to train. The niche it fills: The majority of individuals who achieve their health and fitness goals use journals to track their progress. Top fitness professionals have provided success journals to help their readers follow their fitness and nutrition programs. Perlus' achievement journal is designed for fitness enthusiasts who are searching for mental toughness tools to help them achieve their goals using the fitness program they have already created.

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