

# Dominate: Become a Point Scorer and Get the Little Voices to Talk: Wrestling U - Train Your Brain

JohnA Passaro

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We have all seen the contest where a person is in a bank vault and has 360 seconds to grab as much money as possible.

If it were you, would you stop grabbing money after you had "just enough" in your hands? Would you stop grabbing money when there were only 60 seconds left? Would you ever be too tired to keep grabbing more money? Obviously not. Why? Because the reward of what that money can do for you overrides any of the reasons to stop.

A wrestling match is the same type of contest. You need to have the same kind of mindset. To a wrestler, points are money. In each match, you have 360 seconds to score as many points as possible. When the whistle blows, the allure of scoring points must override any and all obstacles. Have a safe lead? Need to score more points. Have short time? Need to score more points. Have a fear of losing? Need to score more points. Like with the money grab, the only time you stop scoring points is when there is no time left in the contest.

Dominate: Become a Point Scorer and Get the Little Voices to Talk is part of the WrestlingU Series - Train Your Brain. A series dedicated to the wrestler who is looking to get to the next level. A wrestler who understands the value of training his mind along with his body.

Each book in the series tackles and breaks down a key aspect of the sport of high school and collegiate wrestling. Each book is specifically designed to be short in length and direct to the point, thus creating an easy listen. The series is not about piling on minutes of information on the topic; it is about presenting key aspects of the topic in a simplistic but powerful manner.



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#### **Timothy Williams:**

The book untitled Dominate: Become a Point Scorer and Get the Little Voices to Talk: Wrestling U - Train Your Brain contain a lot of information on the item. The writer explains the girl idea with easy way. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new period of time of literary works. It is possible to read this book because you can continue reading your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site along with order it. Have a nice read.

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