

Vertical Mind: Psychological Approaches For Optimal Rock Climbing By Don McGrath And Jeff Elison



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Don mcgrath (author of vertical mind)

Don McGrath is the author of Vertical Mind (3.88 avg rating, 8 ratings, 1 review, published 2014), Don McGrath s Followers (1)

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Jeff Elison and I have been researching fear as it relates to climbing and we recently wrote for rock climbing. Don: Don McGrath From fort collins, CO

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Lunch talk w/ Jeff Elison! Psychological Approaches for Optimal Rock Climbing Don McGrath Ph.D. & Jett Ph.D. Title: Piedra Pump

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