

## INTRODUCTION TO MEDITATION VIDEO



## LESSON 1 – GUIDED VISUALIZATION VIDEO



## LESSON DOCUMENTS & LESSON MP3 AUDIO NARRATED BY COACH DIVINE

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[Chapter 1 – The First Premise of Unbeatable Mind Training](#)

Review Chapter 1 from the Unbeatable Mind book



[Lesson 1 Workbook Exercise – View / Download](#)

## GUIDED MEDITATION DEMONSTRATION VIDEO



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## WARRIOR YOGA #1 – MORNING PRACTICE VIDEO



## INTRODUCTION TO AIR SQUATS VIDEO



## SEVEN SECRETS OF SUCCESS VIDEO



## STAYING IN THE FIGHT – 20X ABILITY – LECTURE VIDEO

