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Fit 4 Ever: Mind Games

Yogi Berra once said, “Baseball is 90 percent mental, and the other half is physical.” While Yogi’s math might be a little off, he is right on target with the importance of training the mind.

Unfortunately, American culture has created weak-minded, undisciplined, unfocused people. We think multi-tasking makes us more productive, but it destroys concentration.

Bible Reference:

2 Corinthians 10



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