

**Stillpower: Excellence With Ease In Sports And Life
[Kindle Edition] By Garret Kramer**



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NOTE: This is a guest post by Garret Kramer, Author of Stillpower: Excellence with Ease in Sports and Life. I found this article to be very challenging to my own

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Garret Kramer is an author and the founder and managing partner of Inner Sports, Kramer is the author of Stillpower: Excellence With Ease in Sports and Life

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