



# Inner Speed Secrets: Mental Strategies to Maximize Your Racing Performance

*Ross Bentley, Ronn Langford*

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Maximize your driving ability with tips from the experts! Based on performance seminars conducted by the authors for race car drivers, this informative guide helps you consistently perform at your highest level.

Chapters discuss: The Driver - The Ultimate Management System; Inner Race Driving; Skills and Techniques; and Strategies.

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