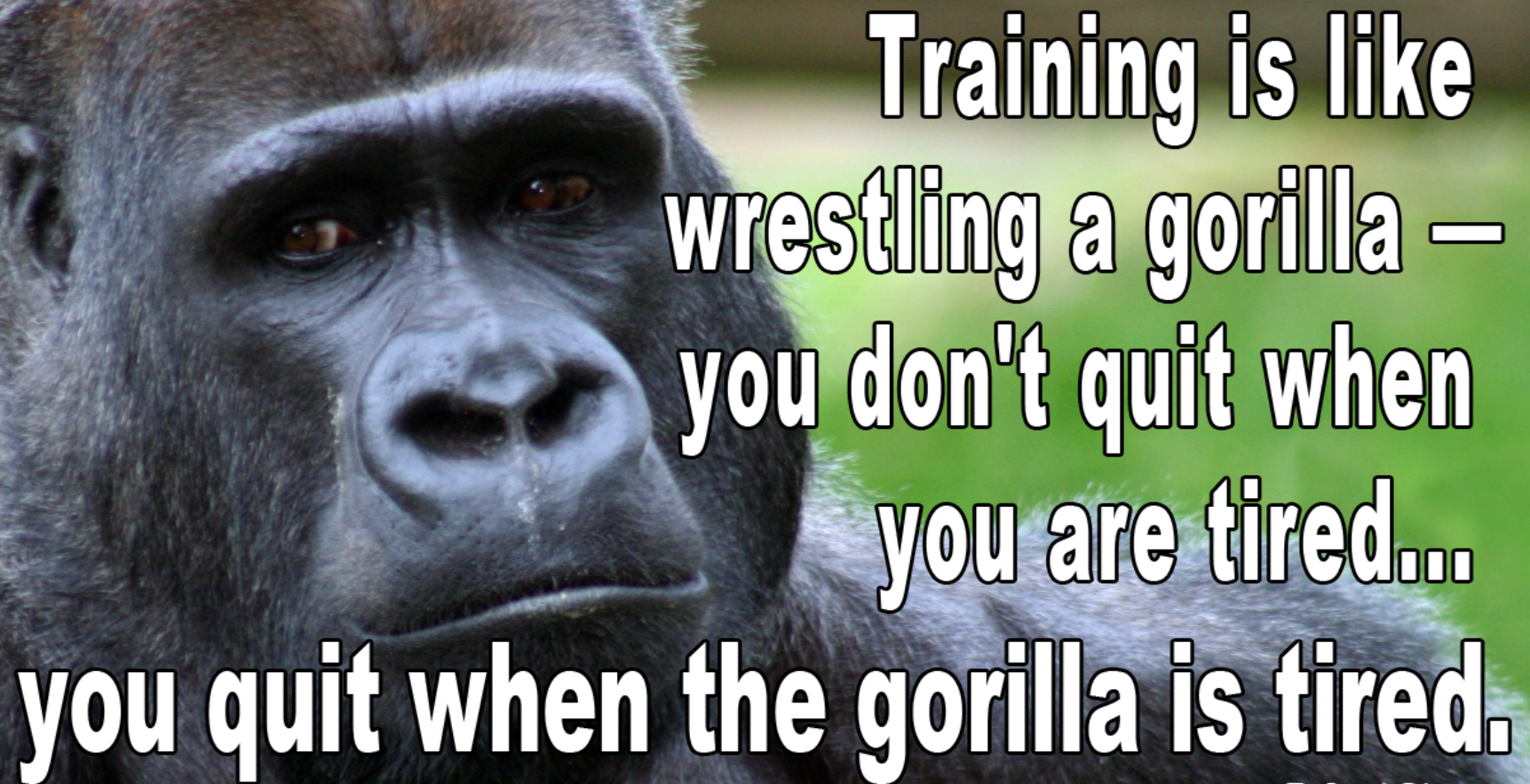


# MENTAL TOUGHNESS



Training is like  
wrestling a gorilla —  
you don't quit when  
you are tired...  
you quit when the gorilla is tired.

-Robert Strauss