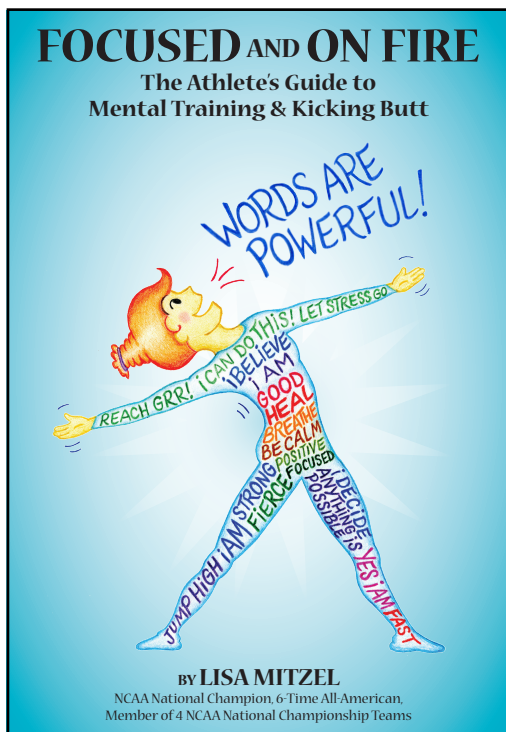


LIBERTY GYMNASTICS presents

**Lisa Mitzel on her “Focused” Book Tour**  
Come and be Inspired! Sunday, Jan 21, 2018

**“Focused and On Fire:  
The Athlete’s Guide to Mental Training  
and Kicking Butt”**



**Mental Training  
Book**

For Boys, Girls, Coaches, & Parents, 100+ illustrations, True Stories, Mental Skills, Critical Mindsets, Exercises. Inspirational and smart.

**Author-Illustrator,  
Lisa Mitzel**

NCAA National Champion, 6-Time All-American, Member of 4 National Championship Teams, Former Head Coach, Stanford University

**EVENT:** Lisa Mitzel speaks, teaches mental skills and signs books!

**DATE & TIME:** Sunday, Jan 21 at 1:00 and 3:00 pm

**LOCATION:** Liberty Gymnastics, Concord, CA

**TO BUY A BOOK:** \$20 each. Cash or checks (to Lisa Mitzel), Thanks!

“**Focused and On Fire**” is a fresh, smart, and moving book. Coach Lisa Mitzel portrays an authentic view of the athlete's inner journey. She takes readers through highs and lows to reflect on thoughts and feelings, and brings light to inspiration in confronting battles and reaching goals. Included in the book are core mental skills, simple exercises, true inspiring stories of athlete-clients, teams who overcame challenges, and fun illustrations that enhance Lisa's powerful messages. Readers will learn self-awareness, higher-mind thinking, and the practice of believing that anything's possible.

**Author-Illustrator, Lisa Mitzel** has a BA in Psychology, MFA in Writing, and is published in *Routledge Handbook of Applied Sport Psychology*. An effective Mental Skills Coach, she's also a speaker and workshop leader, a former Head Coach of Women's Gymnastics at Stanford University, and at the University of Utah, a 6-Time NCAA All-American, NCAA National Floor Champion, Hall of Fame inductee, and member of 4 NCAA National Championship Teams. More: [LisaMitzel.com](http://LisaMitzel.com) Reach out: [HeyMitz@gmail.com](mailto:HeyMitz@gmail.com)