



WOD Motivational Posters: 45 Posters to Keep You Mentally Tough

By Eleanor Brown

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Get out there and kick ass!

WODs are about more than physical strength. When your legs start to shake and you feel like you can't breathe, that is the moment when your mind needs to be stronger than your body. *WOD Motivational Posters* gives you the inspiration you need to build your toughness and get your body--and mind--through any workout. Written by *New York Times* and international bestselling author and contributor to *CrossFit Journal* Eleanor Brown, these posters boost your mental strength when you need it most. Their mantras, questions, and truths encourage you to fight through the reps that feel impossible and start the next round when you're ready to call it quits.

Whether you're powering through thrusters or crushing kettlebell swings, *WOD Motivation* pushes you past your PR and to the top of the box!

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Editorial Review

About the Author

Eleanor Brown is the *New York Times* and international bestselling author of the novel *The Weird Sisters* and is a contributor to *CrossFit Journal*. She has been participating in WODs for two years and swears by their power to change people's lives.

Users Review

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