

# **The Four Pillars Of Triathlon: Vital Mental Conditioning For Endurance Athletes By Will Murray**

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**will murray - boulder triathlon examiner** - - Will specializes in mental conditioning. He is co-author, with Craig Howie, of The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes and

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**will murray company publications** - Murray, Will and Craig Howie. 2013. The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes. 2012. 93 pp. Murray, Will. 1995. Lessons

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