

# 1 Pitch Warrior Mental Toughness Training System (1-Pitch Warrior Series) [Kindle Edition] By Justin Dehmer

**By Justin Dehmer**

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Mental toughness is a decision you make everyday when you get out of bed. Mental toughness is a lifestyle, not an event - Dave Serrano

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Jan 19, 2014 Tommy has 14 years experience from the Special Forces and is currently working as a mental coach at bravura AS (www.bravura.no) Tommy's unique background

<http://www.youtube.com/watch?v=UBffv3AZSQ4>

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The 1 Pitch Warrior (1PW) program with Coach Justin Dehmer is for any baseball player/coach/parent looking to help gain a competitive edge through mental training

<http://www.1pitchwarrior.com/>

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When I began Mental Toughness 101 I was struggling with a career transition decision.

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Mental toughness can take you to the top, and mental weakness straight to the bottom. 1 Pitch Warrior @1pitchwarrior Jul 19, 2015 23:10:02 GMT

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