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By Don McGrath And Jeff Elison .pdf**

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Forum: what's the right dose of fear for climbing

Jeff Elison and I have been researching fear as it relates to climbing and we recently wrote for rock climbing.

Don: Don McGrath From fort collins, CO

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In Vertical Mind, Don McGrath and Jeff Ellison teach rock and psychology can help you retrain your mind and body for higher levels of rock climbing

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Vertical Mind: Psychological Approaches for Optimal Rock Climbing (Paperback) ~ Don McGrath and Jeff Ellison

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Don mcgrath (author of vertical mind)

Don McGrath is the author of Vertical Mind (3.88 avg rating, 8 ratings, 1 review, published 2014), Don McGrath s Followers (1)

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