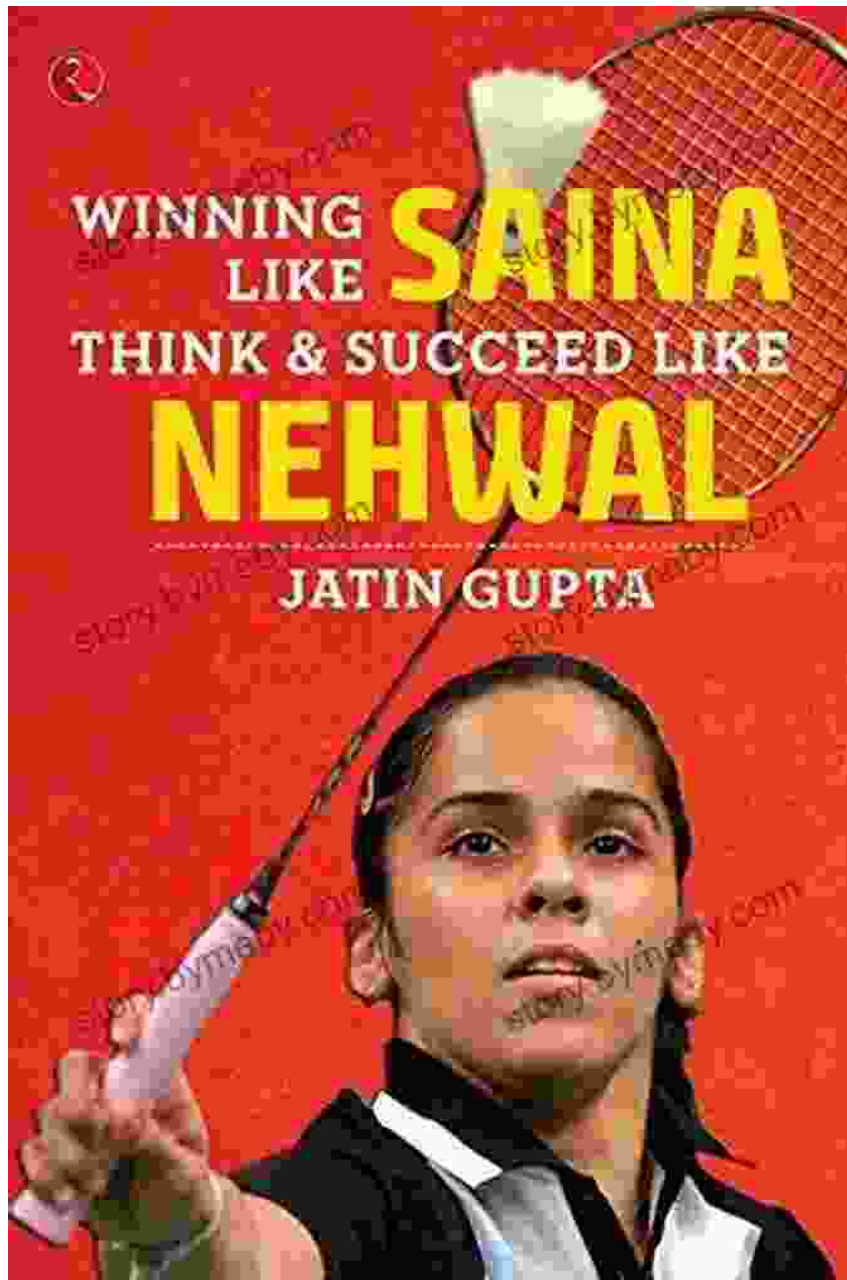


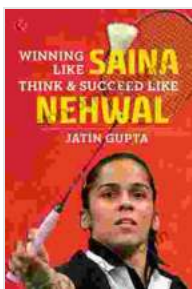
Winning Like Saina: Think, Succeed, and Dominate Like the Badminton Legend



Winning Like Saina is the ultimate guide to achieving success in badminton and beyond. Written by renowned sports psychologist and author, Dr. Nalin Kapoor, this book provides readers with a deep dive into

the mindset and strategies that have made Saina Nehwal one of the greatest badminton players of all time.

Through a combination of personal anecdotes, scientific research, and practical advice, **Winning Like Saina** will help you develop:



Winning Like Saina: Think & Succeed like Nehwal

by Laina Taylor

★★★★☆ 4.9 out of 5

Language : English
File size : 7214 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 136 pages



- An unshakeable belief in yourself
- A laser-focused mindset
- Unrivaled resilience and determination
- Effective strategies for training, competition, and recovery
- Leadership skills that will inspire your team and opponents alike

Whether you're a aspiring badminton player, a seasoned athlete, or simply someone who wants to achieve success in any aspect of life, **Winning Like Saina** is your ultimate roadmap to victory.

Dr. Nalin Kapoor is a world-renowned sports psychologist who has worked with some of the top athletes in the world. He is the author of several best-selling books on sports psychology and personal development.

"Winning Like Saina is a must-read for anyone who wants to achieve success in badminton. Dr. Kapoor provides invaluable insights into the mindset and strategies of one of the greatest players in the world." -

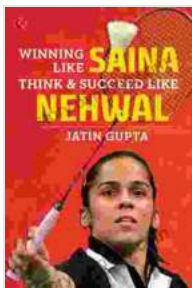
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"This book is a goldmine of information for athletes of all levels. Dr. Kapoor's writing is clear, concise, and inspiring. I highly recommend Winning Like Saina to anyone who wants to reach their full potential." -

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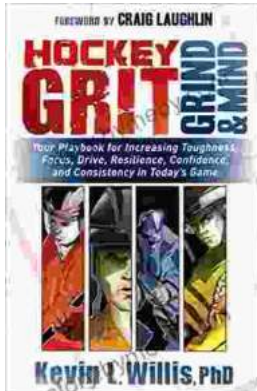
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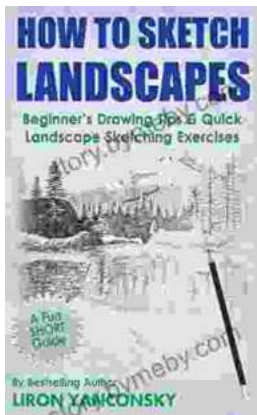
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