

A black silhouette of a person in a dynamic, athletic pose, possibly a dancer or a martial artist, with arms and legs extended. The figure is positioned behind the main title text.

Releasing The Beast Within

A Path to
Mental
Toughness

Rowland McGabhann
and Barry Squires

Foreword: Ben Ratten, AFL coach and All Australian

Releasing The Beast Within

RC Schank



Releasing The Beast Within:

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