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This blog contains comments and musings from Dr. Kay Porter. Dr. Kay Posted by DrKayPorter at It is a sequel to THE MENTAL ATHLETE.

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Kay Porter is the author of The Mental Athlete (3.47 avg rating, 36 ratings, 5 reviews, published 1986), The Other Side of Desire (0.0 avg rating, 0 rati

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Kay Porter, Ph.D., is a name most psychology students would recognize from a class textbook, "The Mental Athlete: Inner Training for Peak Performance."

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