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L to R: Dr Melanie McLeod // Dean of Human Kinetics & Author Mind & Muscle , Blair Whitmarsh // Executive Director of WNSO, Michael Elias // TV Produc

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List of Strength Training/Powerlifting Books for sale\*\*Many Classic Titles\*\*\*\* Submitted by jsrlifter78 on September 23, Mind & Muscle by Blair Whitmarsh 11.95.

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Blair Whitmarsh is the author of Mind & Muscle (3.33 avg rating, 3 ratings, 0 reviews, published 2001)

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Blair Whitmarsh holds a PhD in Sport Psychology from the University of Alberta and is a professional member of He has authored a book called Mind and Muscle

### **Applied health sciences library acquisitions**

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