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Abstract. Human excellence in virtually all domains is guided by mental factors. The experiences of exceptional performers suggest that there are seven critical elements of excellence: Commitment, Belief, Full Focus, Positive Images, Mental Readiness, Distraction Control and Constructive Evaluation. I welded some angle iron to a couple of C-clamps to act as heat sinks. I'd weld an inch or so inside and instantly weld the outside at the same time and clamp the angle iron right next to the weld to suck the heat out. April 04, 2019 77 Provocative Quotes on Uncertainty and Letting Go "I spent a lot of years trying to outrun or outsmart vulnerability by making things certain and definite, black and white, good and bad. Floyd Joy Mayweather Jr. was born Floyd Joy Sinclair on February 24, 1977, in Grand Rapids, Michigan, into a family of boxers. His father, Floyd Mayweather Sr., was a former welterweight contender who fought Hall of Famer Sugar Ray Leonard. His uncles Jeff and Roger Mayweather were professional boxers, with the latter—Floyd's former trainer—winning two world championships, as well as ...