

For Immediate Release

## **EVERY DOOR HAS A HINGE. IF IT DOESN'T, IT'S A WALL.**

### *The Hinge: The Importance of Mental Toughness*

**November 15<sup>th</sup>, 2013 (Indianapolis):** Dan Jansen, Olympic gold medalist, states, "*The key to mental toughness is knowing that it only takes one. Dr. Bell takes that fact a step further in *The Hinge*."*

Dr. Rob Bell's second book, **The Hinge** is really a treatise on **mental toughness**. Mental toughness means playing well under pressure and coping with setbacks and adversity. Few realize that success impinges upon one critical, poignant and path breaking moment. Stated euphemistically **every door has a hinge** that helps us transition from who we are with who we become.

Dan Jansen is one of 38 tales woven within the book of **mental toughness** that demonstrates how one moment, event, or person can make all the difference. Rowdy Gaines 3x Olympic Gold Medalist who says, "*Waiting another four years to win the Gold Medal made all the difference, it only takes one moment, so be ready,*" eloquently substantiates Dr. Bell's contention.

Since it **only takes one** is pivotal in making or marring one's prospects in life, it is important that we prime ourselves to both recognize and seize that moment. **The Hinge** advises doing exactly that by building upon **mental toughness since we don't know when that moment will arrive**. The Hinge can become rusty, and the door can come off the Hinges. The book teaches how to survive those moments of doubt, uncertainty and lack of belief, to emerge stronger, more confident and victorious. It's a must read for anyone who wants to capitalize on that moment when life presents a make or break opportunity. A door without a hinge is a wall.

#### **About Rob Bell, PhD.**

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*Dr. Rob Bell is a noted Sport Psychology coach based in Indianapolis. He has worked with champions on the PGA tour as well as caddied and is a certified consultant of AASP (Association of Applied Sports Psychology). He is an author of two books and numerous peer-reviewed academic journal articles on Sport Psychology. [www.drrobbell.com](http://www.drrobbell.com)*

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ISBN- 0989918408