JACQUELINE KELLY

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Colorado mental performance coach publishes new book on staying strong under pressure

Now with Boston Legacy FC, Jacqueline Kelly lays out a whole-person approach to resilience in Becoming Unfragile*, out now*

BOSTON, MASSACHUSETTS — Colorado mental performance coach Jacqueline Kelly, now with the National Women's Soccer League's Boston Legacy FC, has published *Becoming Unfragile: Sharpen Your Mind, Strengthen Your Body, and Speak Your Purpose to Build the Life You Crave*. The book, from StoryBuilders Press, lays out the resilience system Kelly uses with athletes and everyday high performers.

Becoming Unfragile is written for people who look strong on the outside but feel fragile on the inside. Kelly argues that most advice treats the mind and the body as separate problems, and her book organizes the work around what she calls the Unfragile Pyramid. The mind comes first: readers learn to focus on what they can control and to change unhelpful self-talk. The book then turns to the body, which Kelly calls the first responder in moments of stress, and to the strength and sleep that keep it ready. It closes with purpose, rooted in core values, faith and a strong support network. Each section pairs practical tools with questions for reflection.

Kelly founded Kelly Performance and Wellness in Colorado, where she still makes her home. A former NCAA basketball player with a master's degree in sport psychology, she has spent more than 15 years working with Big Ten football teams, state and world champion athletes, executives and artists. The book includes a foreword by Cindra Kamphoff, PhD, CMPC, author of *The Confidence Habit* and *Beyond Grit*, and an endorsement from Boston Legacy FC head coach Filipa Patão.

"I wrote this book for people who look like they have it all together and feel like one more hard thing could break them," said Kelly. "I've been that person. You can train your way out of it. When you work on your mind and your body together, you suffer less, perform better and achieve more joy."

Becoming Unfragile is on sale now. Kelly is available for interviews on resilience under pressure, mental performance in sport and raising resilient young athletes. More information: **kellyperformancewellness.com/becoming-unfragile**.

ABOUT JACQUELINE KELLY

Jacqueline Kelly is the founder of Kelly Performance and Wellness and the Mental Performance Coach for Boston Legacy FC. A Certified Mental Performance Consultant (CMPC) with a master's degree in sport psychology, she also holds NSCA-CSCS, NASM-CES and NSCA-TSAC-F certifications. She speaks on resilience and is the author of *It's All in the Mind* (2016) and *Becoming Unfragile* (2026).

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