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# BECOMING MENTALLY TOUGHER IN SOCCER BY USING MEDITATION: USING VISUALIZATION TO CONTROL FEAR, ANXIETY, AND DOUBT (PAPERBACK)



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- Authored by Correa (Certified Meditation Instructor)
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It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

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