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



Read PDF Becoming Mentally Tougher in Football by Using Meditation: Using Meditation to Control Fear, Anxiety, and Doubt (Paperback)

- Authored by Correa (Certified Meditation Instructor)
- Released at 2015



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