ANGEWANDTES TRAINING DER MENTALEN STÄRKE FÜR

BOXER

NUTZE VISUALISIERUNGSTECHNIKEN UM ANGST, FURCHT UND ZWEIFEL ZU KONTROLLIEREN

Von

JOSEPH CORREA

Zertifizierter Sport-Ernährungsberater

Angewandtes Training Mentalen Starke Visualisierungstechniken

SJ Ball

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