ANGEWANDTES TRAINING DER MENTALEN STÄRKE FÜR

# BOXER

NUTZE VISUALISIERUNGSTECHNIKEN UM ANGST, FURCHT UND ZWEIFEL ZU KONTROLLIEREN

Von JOSEPH CORREA

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# <u>Angewandtes Training Mentalen Starke</u> <u>Visualisierungstechniken</u>

**Joseph Correa** 

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