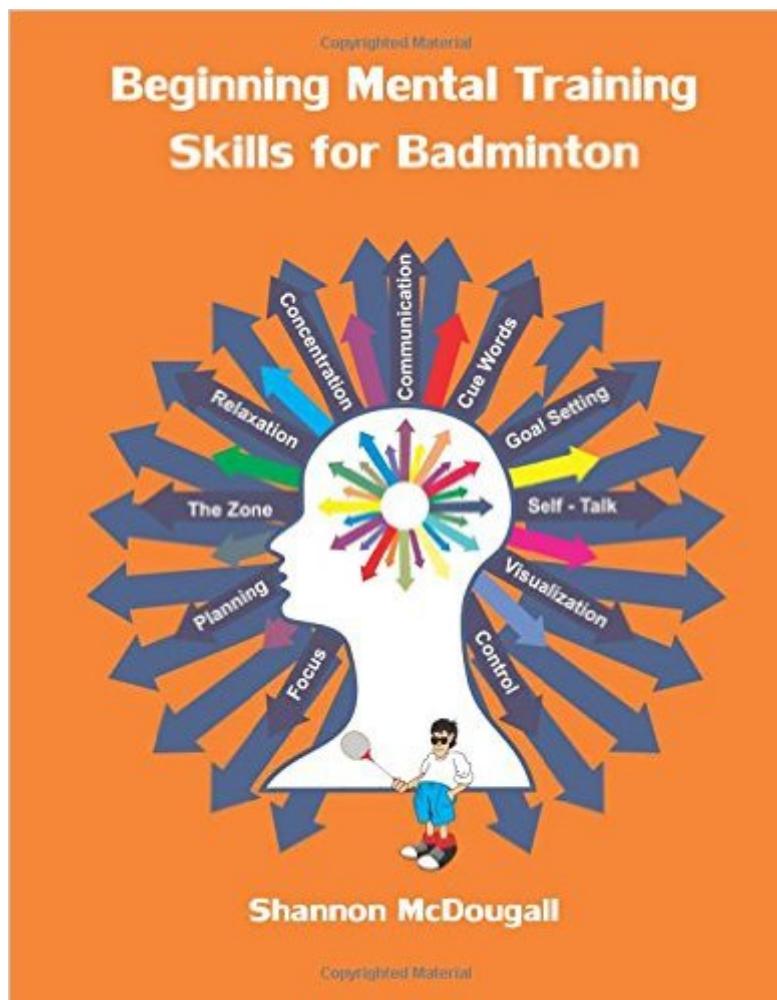


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# Beginning Mental Training Skills For Badminton



## Synopsis

Learn to use basic mental training skills to improve and enjoy your sport experience. A book that gives you the foundation skills and information to performance enhancement through the process. Benefit from my 22 years of experience and education which includes sports psychology for athletes and coaches:

## Book Information

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