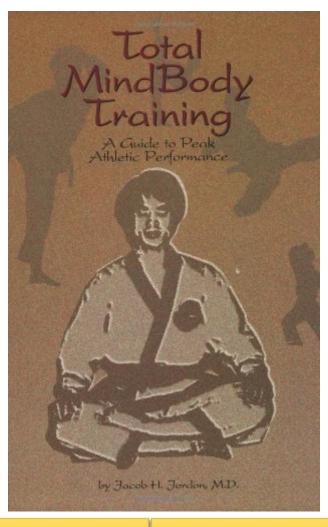
Total Mindbody Training PDF







Total Mindbody Training by Jacob Jordan ISBN 1880336065

Total MindBody Training is a complete guide to using the power of your mind to enhance your martial arts practice. Dr. Jordan takes you step by step through the correct methods for meditation, visualization and other methods of mental practice, explaining the scientific reasoning behind these traditional practices.

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