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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Becoming Mentally Tougher In Volleyball by Using Meditation is one of the best ways to prepare to reach your true potential. Eating right and training are two of the pieces of the puzzle but you need the third piece to see great results. The third piece is mental toughness and that can be obtained through meditation. Athletes who...

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- Authored by Correa (Certified Meditation Instructor)
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