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The Novices Guidebook To Mental Toughness Training For Fencers: Improving Your Performance Through Meditation, Calmness Of Mind, And Stress Management

By Joseph Correa (Certified Meditation Instructor)
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The Novices Guidebook To Mental Toughness Training For Fencers: Improving Your Performance Through Meditation, Calmness Of Mind, And Stress Management:

The Novices Guidebook to Mental Toughness Training for Fencers will teach you how meditation can make you mentally tougher even in the most challenging conditions Stimulating the mind will stimulate the body to overcome what was once thought of as impossible and will help you surpass limits you never imagined Mental road blocks and past mental failures affect what you think you can accomplish but that can be corrected through meditation so that the

past stays in the p

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