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THE ULTIMATE MENTAL TOUGHNESS GUIDE: ROLLER DERBY (PAPERBACK)



Naomi Weitz, United States, 2014. Paperback. Book Condition: New. Skyler Weitz (illustrator). 226 x 154 mm. Language: English . Brand New Book ***** Print on Demand *****.This book will help you to achieve your full potential in roller derby and in life! Mental toughness training uses psychological principles to improve an athlete s performance. An athlete s performance is at least 60 psychological. Some experts say mental toughness skills factor in even more! The Mental Toughness Guide: Roller Derby contains...

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- Authored by Naomi Sweetart Weitz
- Released at 2014



Filesize: 4.65 MB

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