

## Mental Combat The Sports Psychology Secrets You Can Use To Dominate Any Event Martial Arts Fitness Boxing Mma Etc

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Mental Skills Training for MMA - NLP Psychology Mental Combat The Sports Psychology

Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories. Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach.

*Mental Combat: The Sports Psychology Secrets You Can Use ...*

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*Mental Combat: The Sports Psychology Secrets You Can Use ...*

MENTAL COMBAT is an exceptional audiobook on sports psychology and performance. Whether you're in a competition or not, there are some good practical skills to be learned here. Staying focused and positive is key to being successful.

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1. To understand basic psychological principles concerning stress, coping, emotion, and emotion regulation, and their impact and influence on combat sports such as judo 2.

*(PDF) Sport Psychology in Combat Sports - ResearchGate*

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theories. While traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts, and even the busy office worker!

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