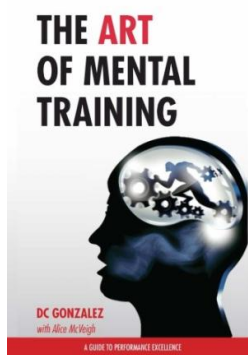


## The Art of Mental Training: A Guide to Performance Excellence



### Book Review

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