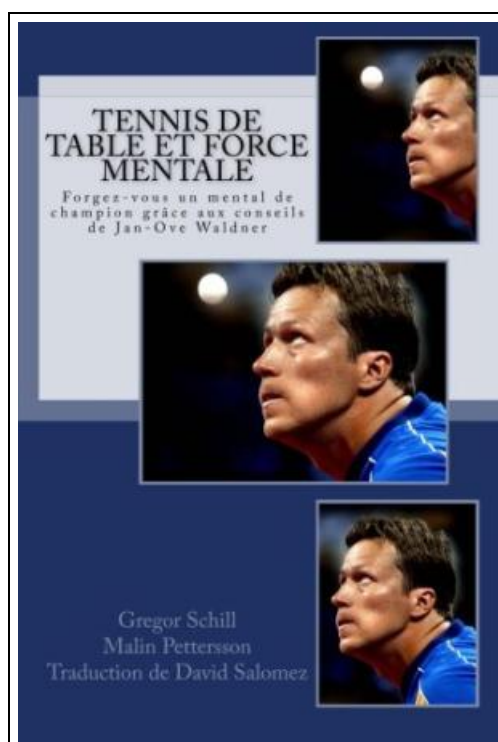


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. LE MENTAL FAIT SOUVENT LA DIFFERENCE AU TENNIS DE TABLE Quiconque a deja pratique ce sport en est conscient. Le but de cet ouvrage est de fournir au lecteur un savoir theorique ainsi que des outils tangibles afin de sortir vainqueur de ce combat mental. Bien que la majorite des exemples soient tiree du tennis de table, la preparation mentale s applique a tous les sports et pour tous types de performances. Les auteurs ont choisi de faire appel a un champion et a sa vision du jeu comme point de depart. Vous beneficiez ainsi des meilleurs conseils du legendaire Jan-Ove Waldner, Champion du monde et medaille d or olympique, en matiere de force mentale. Une force mentale dont les facteurs cle devront faire l objet de votre concentration avant de vous entrainer et de les mettre en application. Apprenez maintenant a braver la tempete !.



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