



MMA Mental Training Workbook: Mental Training Workbook for MMA fighters

Don Williams

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This book is a collection of mental training exercises for the achievement of mental growth in the sport of MMA. It will help deliver you through glass ceilings and obtain a higher level in this sport. You will also find what levels you want to achieve in this endeavor of soul searching inventories and mental training exercises. These exercises have taken me to high levels and with practice they will take you to high levels also. So work hard and dream big.

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