



# Tenis: Entrenamiento De La Fuerza Mental (Spanish Edition)

*Antoni Girod*

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Jugadores, entrenadores, aficionados e investigadores coinciden en que el aspecto mental del tenis es de suma importancia tanto para lograr un rendimiento máximo en el tenis de alto nivel como para disfrutar de su práctica amateur. El tenis es, como se ha afirmado en múltiples ocasiones, realmente un juego mental. Es aquí d

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