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Archery Mental Mastery: Archery Mental Mastery Is A Program Designed To Help You Harness Your Own Inner Potential To Allow Archers To Develop A Winning Mind-set.

ARCHERY MENTAL MASTERY



*discover how to relax, focus, and create the
mind-set of a champion*

ADAM COWMING



Synopsis

The eBook contains all the techniques that an archer from a novice level right through to an Olympic member could use to improve focus, reducing performance anxiety and creating a mind-set of a champion. The "Archery Mental Mastery" eBook is packed full of great tips and tricks (over eighteen powerful techniques) to help you in all areas of your archery using NLP and other powerful tools. It ONLY contains what you need, it is not padded out with stuff you don't need! PLEASE NOTE: No MP3 is included within this product as described within the text. It was previously on sale as a eBook and MP3 programme.

Book Information

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Customer Reviews

There are some really great exercises for improving the mental game of archery! I am impressed with them and thankful to the author for sharing them.

Great information and things I haven't thought about.

This book give you a deeper insight of consistent accurate archery

Gets the concept across.

Very good I'll try the thing he sujsted

Book has very little to do with archery. You could literally plug any subject in to what is said. Didn't like it at all.

Great tips and tricks. Can't wait to put them to use! Highly recommend this book to any and all aspiring archers.

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