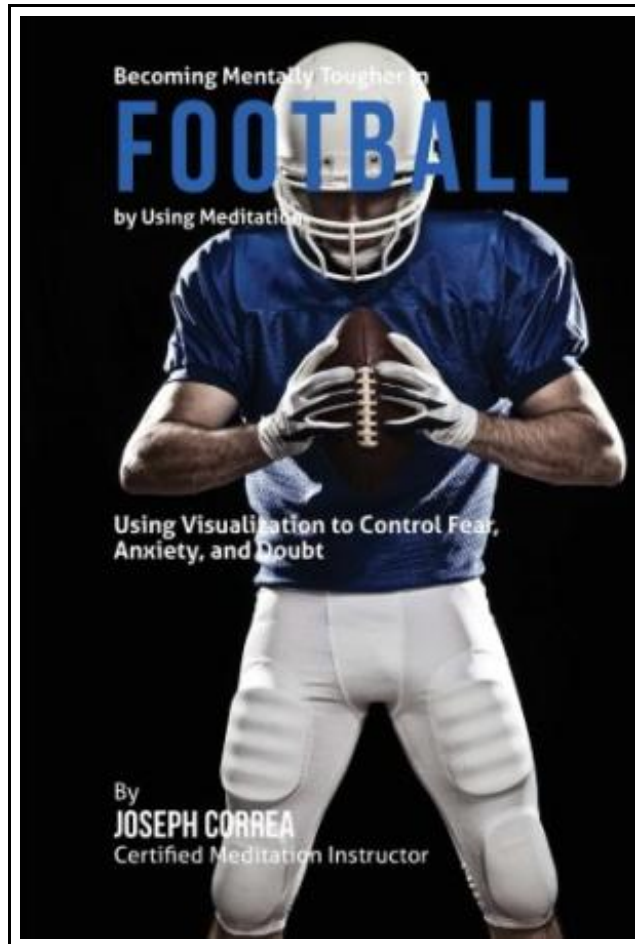


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(Prof. Douglas Grady)

BECOMING MENTALLY TOUGHER IN FOOTBALL BY USING MEDITATION: USING MEDITATION TO CONTROL FEAR, ANXIETY, AND DOUBT



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