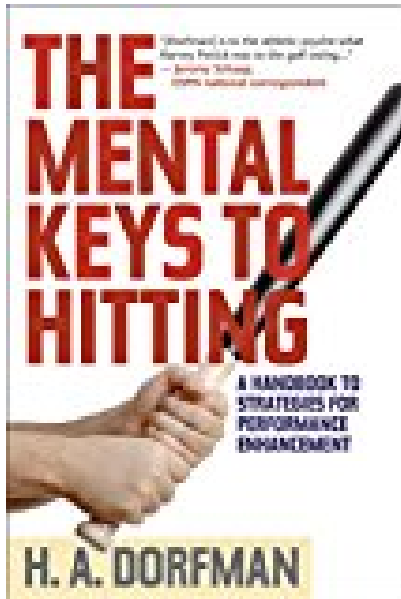


The Mental Keys to Hitting A Handbook of Strategies for Performance Enhancement



BOOK DETAILS

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- Pages : 144 Pages
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BOOK SYNOPSIS

A must-have book by acclaimed author and expert H.A. Dorfman that highlights the crucial mental components involved in hitting a baseball and playing the game, components that are as important, if not more so, than the intense physical regimen of an athlete. "...helpful to hitters in little leagues or in the big leagues. The information is clear and to the point..." -- Charles Johnson, former catcher, Florida Marlins

THE MENTAL KEYS TO HITTING A HANDBOOK OF STRATEGIES FOR PERFORMANCE ENHANCEMENT

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