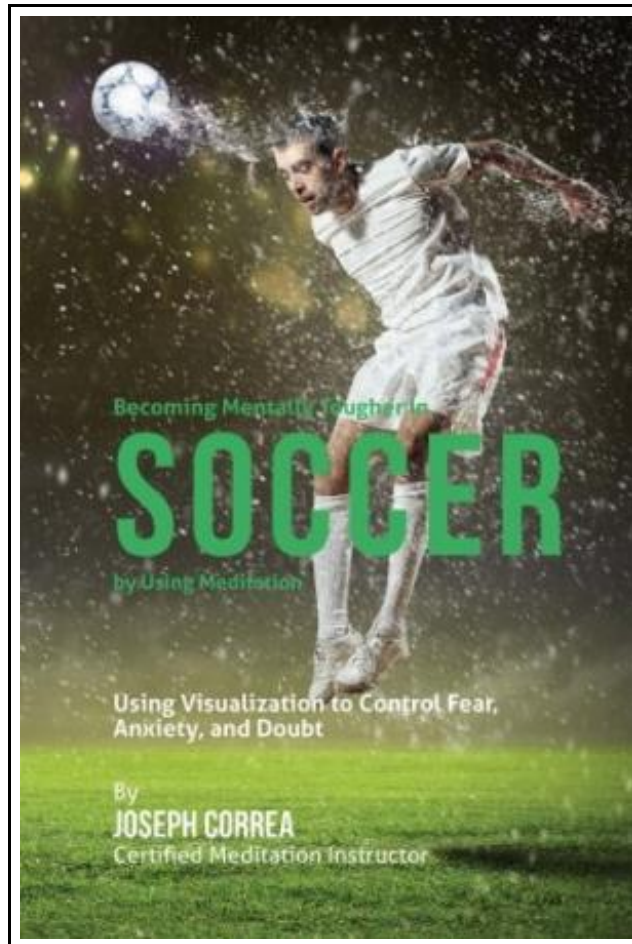


Becoming Mentally Tougher in Soccer by Using Meditation: Using Visualization to Control Fear, Anxiety, and Doubt



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