

the mental abcs of pitching a handbook for performance - *the mental abcs of pitching a handbook for performance enhancement* h a dorfman rick wolff on amazon com free shipping on qualifying offers author h a dorfman brings his years of expertise as instructor counselor with the a s, **the mental keys to hitting a handbook of strategies for** - *the mental keys to hitting a handbook of strategies for performance enhancement* h a dorfman on amazon com free shipping on qualifying offers this is the third book in the popular series by h a dorfman it outlines the mental discipline and practices necessary to become a better hitter

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