



# Winning with Your Head: A Complete Mental Training Guide for Soccer

*Rafi Srebro*

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## **Winning with Your Head: A Complete Mental Training Guide for Soccer** Rafi Srebro

What is mental strength? What are the mental factors that influence our ability? Can we learn how to become mentally strong? This book will give you answers to those questions and will give you the tools to become a winner in soccer and in life.

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