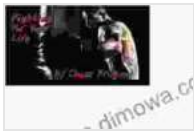


Lessons To Create An Mma Mindset And Develop Healthier Habits

Are you ready to learn the mental and physical lessons from MMA to create a mindset for success and develop healthier habits? This book will help you achieve your goals and live a healthier, more fulfilling life.



Fighting For Your Life: 5 Lessons to Create an MMA

Mindset and Develop Healthier Habits by María García Esperón

★★★★☆ 4.5 out of 5

Language : English
File size : 666 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 44 pages
Lending : Enabled



What You'll Learn

- The mental toughness of MMA fighters
- How to develop a growth mindset
- The importance of goal setting
- How to overcome obstacles
- The benefits of a healthy lifestyle
- And much more!

Who This Book Is For

This book is for anyone who wants to improve their mental and physical health. Whether you're a beginner or an experienced athlete, this book will help you take your training to the next level.

About The Author

The author of this book is a certified personal trainer and MMA coach with over 10 years of experience. He has helped hundreds of people achieve their fitness goals, and he is passionate about sharing his knowledge with others.

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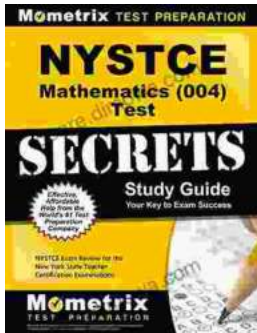


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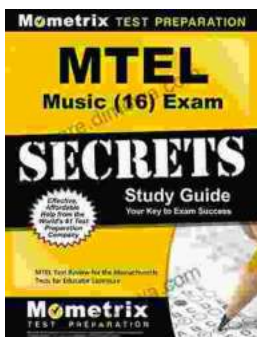
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