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The 15 Minute Meditation Guide For Tennis Parents: Teaching Your Kids Meditation To Enhance Their Performance By Controlling Their Emotions And Staying Calm Under Pressure





Synopsis

The 15 Minute Meditation Guide for Tennis Parents will teach you how meditation can make you mentally tougher even in the most difficult situations. Stimulating the mind will stimulate the body to overcome what was once thought of as impossible and will help you to surpass your limits. Use this guide for you as a parent or introduce your kids to a new approach to mental toughness. Meditation can become the fastest path to mental toughness due to the non-physical skills you will develop and improve. It will teach you to strengthen the mind and sharpen your concentration for longer periods of time. Meditation can make you mentally tougher no matter what your age. These are just a few things you will see or notice once you begin to practice meditation: - Improved levels of concentration. - More calm and relaxed under pressure. - Better capacity to handle stress. - Less muscle fatigue and tightness. - Superior capacity to process thoughts.

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Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Tennis: Top 5 Strategies How to win more matches, How to Play Tennis,Killer doubles, Tennis the Ultimate guide (Tennis Strategies How to win more matches Book 1) 101 Tennis Tips From A World Class Coach VOLUME 1: A Common Sense Approach to Tennis (101 Tennis Tips From A World Class Tennis Coach) Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) The Calming Collection - Calm Mom, Calm Dad, Calm Child: Keeping Your Cool With Your Children, Your Family, and Everyone Else in Your Life Blood Pressure Solution: 30 Proven Natural Superfoods To Control & Lower Your High Blood Pressure (Blood Pressure Diet, Hypertension, Superfoods To Naturally Lower Blood Pressure Book 1) Blood Pressure: Blood Pressure Solution : The Ultimate Guide to Naturally Lowering High Blood Pressure and Reducing Hypertension (Blood Pressure Series Book 1) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook â “ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook â “ Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) (Volume 1) Blood Pressure: Blood Pressure Solution: 54 Delicious Heart Healthy Recipes That Will Naturally Lower High Blood Pressure and Reduce Hypertension (Blood Pressure Series Book 2) Blood Pressure: High Blood Pressure, Its Causes, Symptoms & Treatments for a long, healthy life.: Plus 9 Free Books Inside. (Blood Pressure, High Blood ... Hypertension, Blood Pressure Solutions.) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners)

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