



Vom Trainingsweltmeister zum Siegfahrer (German Edition)

Benjamin Ruffin

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Nach einer grundlegenden Darstellung des Mentalen Trainings, des Neurolinguistischen Programmierens und des Neuroassoziativen Konditionierens werden in diesem Buch Möglichkeiten für die Anwendung psychologischer Trainingsformen im Straßenradsport vorgestellt. Verschiedene Erkenntnisse moderner Sportpsychologie werden dabei erstmals konkret und detailliert auf diese Sportart übertragen.

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