



# **Tennis de table et force mentale: Forgez-vous un mental de champion grâce à Jan-Ove Waldner (French Edition)**

*Gregor Schill*

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LE MENTAL FAIT SOUVENT LA DIFFÉRENCE AU TENNIS DE TABLE Quiconque a déjà pratiqué ce sport en est conscient. Le but de cet ouvrage est de fournir au lecteur un savoir théorique ainsi que des outils tangibles afin de sortir vainqueur de ce combat mental. Bien que la majorité des exemples soient tirée du tennis de table, la préparation mentale s'applique à tous les sports et pour tous types de performances. Les auteurs ont choisi de faire appel à un champion et à sa vision du jeu comme point de départ. Vous bénéficierez ainsi des meilleurs conseils du légendaire Jan-Ove Waldner, Champion du monde et médaillé d'or olympique, en matière de force mentale. Une force mentale dont les facteurs clé devront faire l'objet de votre concentration avant de vous entraîner et de les mettre en application. Apprenez maintenant à braver la tempête !

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