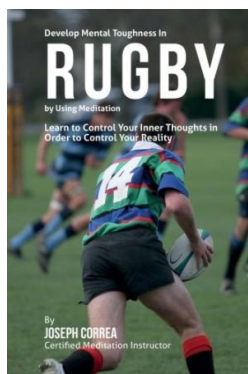


Develop Mental Toughness in Rugby by Using Meditation: Learn to Control Your Inner Thoughts in Order to Control Your Reality



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