

# Leggere Usa La Testa Per Il Tuo Tennis EBook Gratuito PDF/EPUB/mobi - Federico Di Carlo



**leggere Usa la testa per il tuo tennis Ebook gratuito PDF/EPUB/mobi Federico Di Carlo** , TennisWorldItalia presenta "Usa la testa per il tuo tennis" di Federico Di Carlo. Un libro per chi ama il tennis e desidera migliorare la propria prestazione. Un libro adatto a tutti i livelli e per tutte le età. Grazie alle tecniche e agli esercizi proposti imparerai a far funzionare al meglio e favorire le connessioni corpo-cervello, sfruttare al massimo il potere della mente, superare gli ostacoli come stress e deconcentrazione. Inoltre potrai mettere in pratica gli insegnamenti del libro anche nella vita quotidiana, davanti a un momento cruciale, a una scelta da prendere e per migliorare l'attenzione e la concentrazione tutti i giorni.

## L'autore

Nel panorama del tennis italiano, Federico Di Carlo è uno dei più conosciuti e apprezzati mental trainer.

Di Carlo unisce alle doti di ricerca nel settore, grandi abilità di comunicazione ed esperienza nell'insegnamento, maturate in molteplici contesti in Italia e all'estero.

Ha pubblicato sulla rivista internazionale della ITF.

Collabora con numerose accademie in Italia lavorando a stretto contatto con coach importanti del panorama tennistico italiano, con alcuni tra i migliori prospetti del movimento, ma anche con diversi giocatori e giocatrici con classifica ATP e WTA.

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