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Reviews

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(Prof. Jovan Stark DDS)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: Italian . Brand New Book ***** Print on Demand *****. LE MIGLIORI 100 CITAZIONI PER ALLENAMENTO, ESERCIZIO E BODYBUILDING e il libro migliore per trovare ispirazione e motivazione per raggiungere i tuoi migliori record personali. Contiene i consigli piu motivanti dei migliori bodybuilder al mondo e alcune delle menti sportive piu grandi della storia, come Arnold Schrzeneegger, Dwayne Johnson detto La Pietra , Jack Dempsey, Ronda Rousey, Conor McGregor, Sylvester Stallone, Bruce Lee e molti altri. Con una fantastica raccolta delle piu fantastiche citazioni sul bodybuilding da tutto il mondo, migliorerai il tuo allenamento di bodybuilding, il sollevamento pesi, aumenterai la tua autostima e fiducia, richiamerai la tua forza interiore, supererai le tue paure e realizzerai i tuoi sogni. Impiega il tuo tempo nel miglioramento di te stesso grazie a cio che hanno scritto altri uomini, cosi che tu possa facilmente guadagnare cio a cui gli altri hanno lavorato. Socrate Le parole sono potenti e possono aiutarti a conquistare qualsiasi cosa tu sogni. Entra nella mente dei migliori atleti al mondo e scopri i segreti del loro successo.

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