



AVERAGE To AWESOME MMA: Achieve your BEST MMA fighting with a True Mindset

Mariana Correa

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Average to AMAZING MMA is the best and most complete book out there for any fighter who is looking for better results. With the perfect mindset will be on the path to greatness. This book goes beyond the subject of MMA. It inspires you to excel, and dare to dream beyond your abilities. Every aspect to succeed is explained including: - Mental training - Hydration - Nutrition - And much more with a clear and easy way to understand. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. Whether you are looking to improve your muay thai, kickboxing, boxing, jiu jitsu, or bjj this guide will help you succeed.

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