

# SHITO RYU M A S T E R S

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# Official Shito Ryu Training Manual

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web erfolg durch fokus schaut heute auf konzentrationsprobleme ich zeige dir drei einfache tipps die deine konzentrationsprobleme beseitigen oder wenigstens abhilfe schaffen können es geht um stress schlaf und ernährung weitere tipps zum halten deiner konzentration und von deinem fokus habe ich in früheren episoden angesprochen

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web sep 25 2021 fokus und konzentration bedingen sich gegenseitig wer sich fokussiert kann sich automatisch besser konzentrieren und wer sich konzentriert wird dadurch automatisch fokussierter im Gegensatz dazu sind Zerstreuung und Unkonzentriertheit vorprogrammiert wenn man auf vielen Hochzeiten gleichzeitig tanzt