



The Mental ABCs of Pitching: A Handbook for Performance Enhancement

H.A. Dorfman

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Author **H.A. Dorfman** brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game. Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound.

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