



The Dhoni Way (Harper 21)

Dr. Rudy Webster

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Dr Rudi V. Webster draws up a fail-safe recipe for on-the-ground performance enhancement in this remarkable book. He ropes in some of the world's finest sportsmen, including Mahendra Singh Dhoni, to explain their own success techniques. Performance is built on the four interconnected pillars of sport: fitness, technique, strategy and mental skill, but the last one is the most important.

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