

COACHES ANTI-STRESSED KIT



**BANG
HEAD
HERE!**

DIRECTIONS

- 1) Place on **FIRM** surface.
- 2) Follow directions provided in the circle on the front of this kit.
- 3) Repeat until you are anti-stressed or become unconcious
- 4) If your not using the Mental Game Plan, please contact our website

www.mentalgame.com

The Mental Game Plan
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