



Poker Isometrics: and Poker Fitness

By Anton Drake

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Editorial Review

Review

"...before reading this book I hadn't really considered the notion of using isometrics at the poker table, and now it seems like something I might want to try. I'm always looking for books that make me look at poker in a new way, and *Poker Isometrics* certainly fits the bill." -Two Plus Two Magazine

About the Author

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Users Review

From reader reviews:

Leonard Parnell:

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