

# bet friday

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## bet friday

Resumo:

**bet friday : Descubra os presentes de apostas em eternastone.com! Registre-se e receba um bônus de boas-vindas para começar a ganhar!**

contente:

Aqui estão algumas orientações gerais sobre como usar os bônus do Vaidebet:

Cadastre-se ou faça login no site do Vaidebet.

A maioria dos bônus está disponível apenas para contas de usuário registradas.

Verifique os termos e as condições do bônus.

Leia atentamente as regras e os requisitos para cada bônus, pois eles podem variar.

[esports betting illegal](#)

Originally Posted by Grind4Kebab

Hey man, I think for me it's mostly been from eye

problems, and burnout. So now being near sighted as well and using anti glare reading glasses for PC and phone; and a blue light filter on my monitor seem to have helped a lot. Then making absolutely sure I am resting my eyes now no screens for a while after grind and study & actively resting e.g. meditation/light exercise; before doing anything else especially screen related such as checking in on the crypto discords (which I'm now limiting my time on too). I did have a blood and Testosterone test which was advised by other players. GL with improving your fatigue issues.

Hey, yes it's all

stakes; but tbh there hasn't been a lot of 500nl in there as I'm only playing that on 888 atm and doesn't seem to be many good tables running recently. Yeh I think you're right at around hand 9000 was a pretty turbulent session whilst on a 500 table xD.

I

mean without knowing your exact leaks I think from what you've said the low hanging fruit is probably working on your mindset. You don't even have to necessarily work on Poker mindset courses; you could read psychology books/internet posts and reflect on how your biases and experiences show up at the poker tables, and journal for that awareness. Also, having a good warm up and cooldown routine; and structured study and grind routine I find builds good consistency for the habits needed to keep getting a little better day by day.

Obviously have a good study routine; but find ways to drill

that knowledge like using a trainer. I mean if you can find a good coach you resonate with I'd def do that to save a lot of time; but if that's unaffordable right now, talk to other players to widen your perspective as there are things they will know that you don't and vice versa. There's no point studying sims if you're misapplying that knowledge compared to how the pool plays. GL on your journey; try not to be too hard on yourself like I've been as it only gets in the way, & know that daily consistent improvements add up huge over the long term.

Thanks mate! We have heuristic, theory,

MDA and database review coachings over the course of a month. We train our heuristics in the trainer; and also have a Grind simulator which tracks our leaks from frequency

mistakes to timing tells.

Agreed, don't underestimate burnout. I think it's a harder pill to swallow as you get older trying to ignore that you need more rest.

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Senhor, senhores.

Amigos,

"O curso da história nem memória é sempre suave, às tempos novos encontros dilemas e objectivos para construir espaço humano com o coração herói está que pode ser usado ultrapassa-los." São palavras de um pilar novo valor dado humanidade destruição humana chinê 100 anos humanos mais baratos!

Obrigado!

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