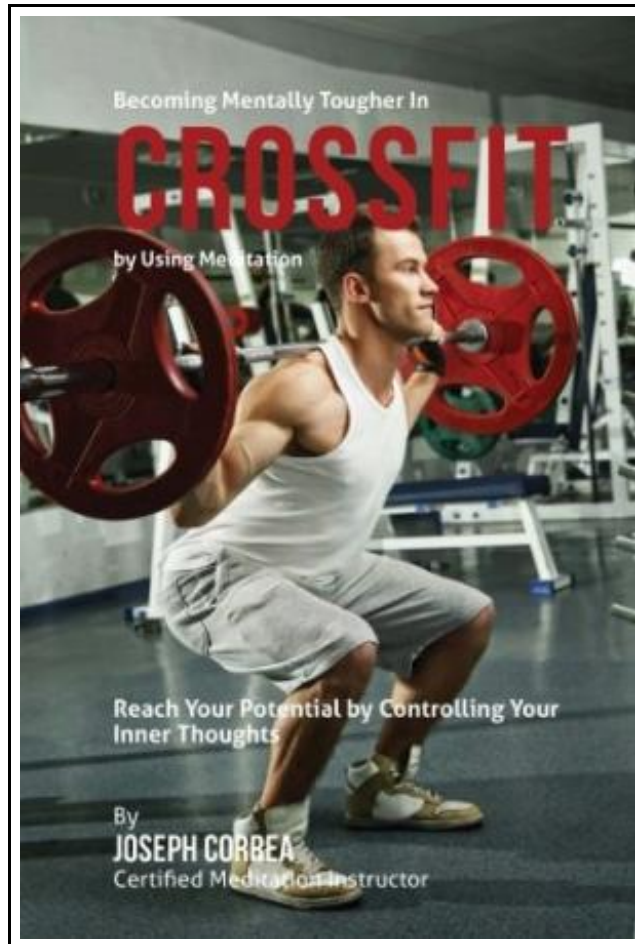


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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.
(Kade Ankunding)




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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation is one of the best ways to prepare to reach your true potential. Eating right and training are two of the pieces of the puzzle but you need the third piece to see great results. The third piece is mental toughness and that can be obtained through meditation. Athletes who practice meditation regularly will find they are or have: -More confident during competition. -Reduced stress levels. - Better capacity to concentrate for long periods of time. -Lower muscle fatigue. -Faster recovery times after competing or training. -Overcome nervousness better. -Control their emotions under pressure. What more can you ask for when doing cross fit? When considering unlocking their true potential most athletes focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It s common to want to see physical benefits from physical exercises but what many athletes don t know is that meditation has been proven to improve physical health and performance. Reaching your peak performance requires that you train and stimulate the body and mind. Not taking this into account can be a main reason why some athletes have trouble moving on to the next level. In order to do your best you must accept that the body and the mind are what will make you complete. Meditation as exercise for the mind helps to strengthen your mind as you would strengthen your body and consistently evolving as you practice it. Physical conditioning, good nutrition, and meditation are the three keys to achieve a state of optimal performance. Most athletes don t pay as much attention to meditation as they should because their mostly worried about appearance and...

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