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Como Alcanzar una Mentalidad Mas Fuerte en el Tenis Utilizando la Meditacion: Alcance su mayor potencial mediante el control de sus pensamientos internos (Spanish Edition)

By Joseph Correa Instructor Certificado En Meditacion

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 176 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Como Alcanzar una Mentalidad Mas Fuerte en el Tenis Utilizando la Meditacion es una de las mejores formas de alcanzar su verdadero potencial. Comer bien y entrenar son dos de las piezas del rompecabezas, pero necesita la tercera pieza para alcanzar su verdadero mximo de rendimiento. La tercera pieza es dureza mental y puedes obtenerlo a travs de la meditacin. Si observa a los atletas que practican meditacin regularmente encontrar que son, o poseen: -Ms seguridad durante la competicin. -Estrs reducido. -Mejor capacidad de concentracin durante largos perodos de tiempo. -Menor fatiga muscular. -Tiempos ms veloces de recuperacin despus de competir o entrenar. -Mayor resiliencia. -Mayor y ms equilibrio en el desempeo bajo presin. Qu ms se puede pedir como deportista Cuando se considera desbloquear el verdadero potencial, son muchos los atletas que se centran en el aspecto fsico y nutricional. Los objetivos de una preparacin profesional, a menudo, pasan por alto el potencial interno, capaz de conseguirse a travs de prticas como la meditacin y la visualizacin. Es comn ver beneficios o mejoras fsicas debido a entrenamientos fsicos, pero...



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