

Devenir Mentalement Plus Resistance Au Soccer En Utilisant La Meditation: Utiliser La Visualisation Pour Contrôler La Peur, L'anxiété Et Le Doute (Paperback)



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Reviews

A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. It's been written in a remarkably easy way in fact it is simply after I finished reading through this publication through which actually altered me, alter the way I believe.

(Roberto Block)

DEVENIR MENTALEMENT PLUS RESISTANCE AU SOCCER EN UTILISANT LA MEDITATION: UTILISER LA VISUALISATION POUR CONTROLER LA PEUR, LANXIETE ET LE DOUTE (PAPERBACK)

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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. Devenir Mentalement Plus Resistance au Soccer en utilisant la Meditation est l'une des meilleures facons de vous preparer pour atteindre votre veritable potentiel. Vous nourrir correctement et la formation sont deux des pieces du puzzle, mais il vous faut la troisieme piece pour avoir d'excellents resultats. La troisieme piece est la force mentale et c'est ce que vous pourrez obtenir par la meditation. Les athletes qui pratiquent la meditation regulierement verront les resultats suivants: - Plus de confiance durant la competition. - Un niveau de stress reduit. - Une meilleure capacite a se concentrer pendant de longues periodes de temps. - Une fatigue musculaire reduite. - Des temps de recuperation plus rapides apres la competition ou la formation. - Meilleure capacite de controle du stress et de la nervosite. - Controle des emotions lorsqu'ils sont sous pression. Que demander de plus pour un joueur de Football? Lorsqu'ils considerent deverrouiller leur veritable potentiel, la plupart des athletes se concentrent sur des objectifs physiques et nutritionnels mais negligent souvent le developpement de leur potentiel interieur grace a des pratiques comme la meditation et la visualisation. Il est commun de vouloir observer les resultats des exercices physiques, mais ce que de nombreux athletes ne savent pas, c'est qu'il a ete prouve que la meditation ameliore aussi la sante physique et la performance. Atteindre votre performance de pointe exige que vous vous entrainiez et stimuliez le corps et l'esprit. Ne pas en tenir compte peut etre une raison principale pour laquelle certains athletes ont du mal a passer au niveau suivant. Afin de faire de votre mieux, vous devez accepter que le corps et l'esprit soient...



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