



Como Alcanzar Una Mentalidad Mas Resistente En El Fisicoculturismo Utilizando La Meditacion: Alcance Su Mayor Potencial Mediante El Control de Sus Pensamientos Internos (Paperback)

By Correa (Instructor Certificado En Medita

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****. Como alcanzar una Mentalidad Mas Resistente en el Fisicoculturismo 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 maximo de rendimiento. La tercera pieza es dureza mental y puedes obtenerlo a traves de la meditacion. Si observa a los atletas que practican meditacion regularmente encontrara que son, o poseen: -Mas seguridad durante la competicion. -Estrés reducido. -Mejor capacidad de concentracion durante largos periodos de tiempo. -Menor fatiga muscular. -Tiempos mas veloces de recuperacion despues de competir o entrenar.-Mayor resiliencia. -Mayor y mas equilibrio en el desempeno bajo presion. Que mas se puede pedir como deportista? Cuando se considera desbloquear el verdadero potencial, son muchos los atletas que se centran en el aspecto fisico y nutricional. Los objetivos de una preparacion profesional, a menudo, pasan por alto el potencial interno, capaz de conseguirse a traves de practicas como la meditacion y la visualizacion. Es comun ver beneficios o mejoras fisicas debido a entrenamientos fisicos, pero...



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