



# Jose Silva s Guide to Mental Training for Fitness and Sports: Think and Grow Fit

By Jose Silva

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as when you practice physically. When you combine physical and mental practice, your results are far greater. Now the world s Number One mind training program will show you how. Whether you are a pro, a weekend warrior, of a fitness fanatic, this book is for you. You ve seen athletes do it in all sports: \*Members of the Olympic bobsled team just before their run, eyes closed, their bodies swaying back and forth as they visualize the run \*Professional basketball players mimicking the free throw, picturing it mentally, before actually taking the ball and shooting it \*The pro golf champion on the tee visualizing his drive. Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as you will when you practice physically. And when you combine both physical and mental practice, your results are far...



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