



## Visualization: How to Use Visualization to Achieve Your Fitness Goals (Paperback)

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By Alex a Michaels

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. VISUALIZE AND ACHIEVE YOUR FITNESS GOALS If you have ever struggled with fitness and reaching the goals you set for yourself, you know how frustrating it is to be limited by what your body can do and the amount of time that it can do it in. What if the problem wasn't with your body, though? What if you were focusing on all of the wrong areas and you should have been working with the help of your mind instead of your body? Many people, who have been practicing fitness and who just can't seem to accomplish all of the goals they have, turn to other methods, but their mind is really all that they need. Visualization is the harnessing of the power of your mental self to be able to translate goal accomplishment to your physical self. Visualization can help: increase your stamina reach harder goals that you have set heal quicker from injuries recover from workouts boost your confidence in your physical abilities provide you with the relaxation techniques that you never knew you needed Visualization is...



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