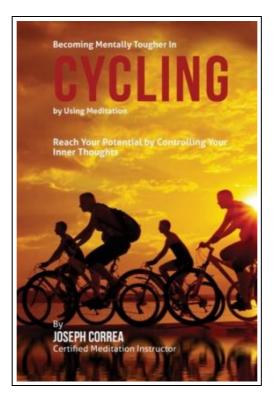
## Becoming Mentally Tougher in Cycling by Using Meditation: Reach Your Potential by Controlling Your Inner Thoughts



Filesize: 5.39 MB

## Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book. (Reyes Murphy)

# BECOMING MENTALLY TOUGHER IN CYCLING BY USING MEDITATION: REACH YOUR POTENTIAL BY CONTROLLING YOUR INNER THOUGHTS



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Becoming Mentally Tougher In Cycling by Using Meditation is one of the best ways to reach your true potential. Eating right and training are two of the pieces of the puzzle but you need the third piece to see incredible results. The third piece is mental toughness and that can be obtained through meditation. Cyclists who practice meditation regularly will find they are or have: -More confident during competition. -Reduced stress levels. -Better capacity to concentrate for long periods of time. -Lower muscle fatigue. -Faster recovery times after competing or training. - Overcome nervousness better. -Control their emotions under pressure. What more can you ask for as a cyclist? When considering unlocking their true potential most cyclists focus on physical and nutritional goals but often overlook their inner potential through practices like meditation has been proven to improve physical health and performance. Reaching your peak performance requires that you train and stimulate the body and mind. Not taking this into account can be a main reason why some cyclists have trouble moving on to the next level. In order to do your best you must accept that the body and the mind are what will make you complete. Meditation as exercise for the mind helps to strengthen your mind as you would strengthen your body, consistently evolving as you practice it. Physical conditioning, good nutrition, and meditation are the three keys to achieve a state of optimal performance. Most cyclists don t pay as much attention to meditation as they should because their mostly worried...

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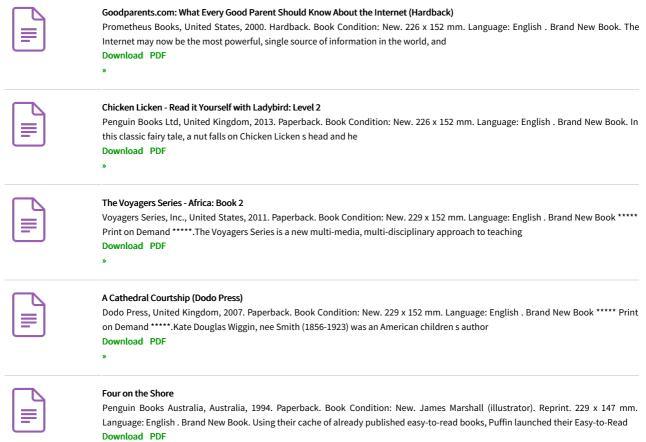
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