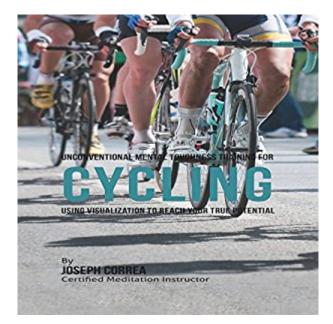
The book was found

Unconventional Mental Toughness Training For Cycling: Using Visualization To Reach Your True Potential





Synopsis

Unconventional Mental Toughness Training for Cycling will significantly change how hard you can push yourself mentally and emotionally, through the visualization techniques taught in this audiobook. Want to be the best? To be the best, you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified, which makes it hard to see if you are improving or making a difference. In reality, visualizing will increase your chances of success more than any other activity. You will learn three visualization techniques that are proven to improve your performance under any situation. These are: 1. Motivational visualization techniques 2. Problem-solving visualization techniques 3. Goal-oriented visualization techniques These cycling visualization techniques will help you to: Win more often Become mentally tougher Outlast the competition Get to the next level Recover faster and train longer How is this possible? Visualizing will help you to better control your emotions, stress, anxiety, and performance under high-pressure situations, which are often the differences between success and failure. Bringing out the best in yourself - in any sport - and reaching your true potential can only happen through a balanced training regimen, which should include mental training, physical training, and proper nutrition. Why aren't more people using visualizations to enhance their performance in cycling? There are a number of reasons, but the truth is that most people have never tried it before and are afraid to try something new. Others don't think that improving their mental capacity will make a difference, but they are wrong. Practicing visualization techniques for cycling on a regular basis will allow you to increase your lung capacity and recover faster after training.

Book Information

Audible Audio Edition Listening Length: 1 hour and 54 minutes Program Type: Audiobook Version: Unabridged Publisher: Correa Media Group Audible.com Release Date: June 2, 2015 Language: English ASIN: B00YR6ORE8

Download to continue reading...

Unconventional Mental Toughness Training for Cycling: Using Visualization to Reach Your True

Potential The Final Frontier in Mental Toughness Training for Tennis: Using Visualization to Reach Your True Potential Practical Mental Toughness Training for Boxing: Using Visualization to Control Fear, Anxiety, and Doubt Innovative Mental Toughness Training for Golf: Using Visualization to Control Fear, Anxiety, and Nerves Executive Toughness: The Mental-Training Program to Increase Your Leadership Performance Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Unbeatable Mind: Forge Resiliency and Mental Toughness to Succeed at an Elite Level (Third Edition: Updated & Revised) Visualization Analysis and Design (AK Peters Visualization Series) How to Reach Your Full Potential for God: Never Settle for Less Than His Best! The 15 Invaluable Laws of Growth: Live Them and Reach Your Potential Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential Toughness: Developing True Strength On and Off the Court Visualization for Weight Loss: The Gabriel Method Guide to Using Your Mind to Transform Your Body The Secret of Mental Magic Tricks: How to Amaze Your Friends with These Mental Magic Tricks Today! The Nineteenth Mental Measurements Yearbook (Buros Mental Measurements Yearbook) The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing Mental Endurance, and Playing in the Zone Consistently Mental Math, Grade 3: Strategies and Process Skills to Develop Mental Calculation (Singapore Math) Mental Math, Grade 2: Strategies and Process Skills to Develop Mental Calculation (Singapore Math)

<u>Dmca</u>