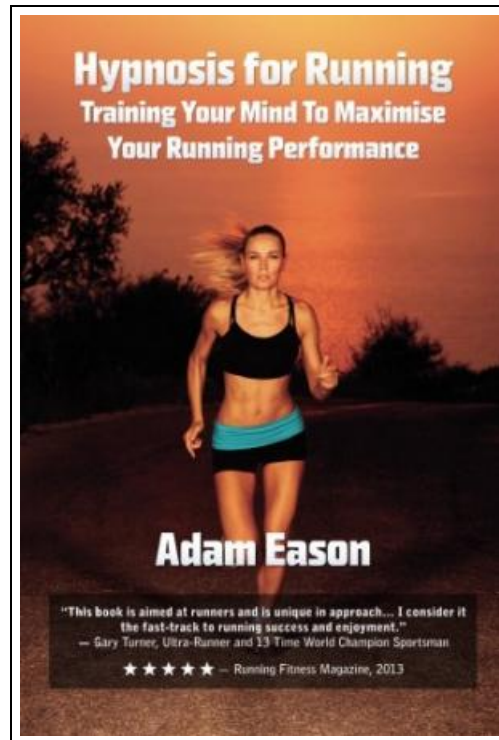


Hypnosis for Running: Training Your Mind to Maximise Your Running Performance (Paperback)



Filesize: 6 MB

Reviews

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HYPNOSIS FOR RUNNING: TRAINING YOUR MIND TO MAXIMISE YOUR RUNNING PERFORMANCE (PAPERBACK)



Awake Media Productions Ltd, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Hypnosis For Running: Training Your Mind To Maximise Your Running Performance is an evidence based book for all distance runners from ultra-marathon runners and seasoned athletes to beginners and those competing for the first time. It offers a wide range of ways to adopt mental strategies and improve running performance. Contained within this book is a wide array of goal setting principles and techniques, cognitive strategies, mental imagery processes and of course self-hypnosis tuition. This work draws upon conventional sports psychology, cognitive behavioural therapy, rational emotive behaviour therapy various other approaches combined with the author s lifetime of experience using and researching self-hypnosis. The runner is shown how to: be motivated control arousal levels get in the zone engage in mindfulness gain a comprehensive insight into proven methods of running faster and better using the mind. Here is an excerpt from the Introduction to this book by Gary Turner, Ultra-Runner and 13 time World Champion Sportsman When the draft of Adam s book dropped through my door the timing couldn t have been better. One week before my first ultra-marathon. I eagerly turned the pages and found it a compelling read. It completely captured my attention, as I m sure it will yours. The information and knowledge, and the application of it, is first class. Being a fast reader I read it three times in as many days. I checked the contents, studied the steps, researched the reference material, and became a vastly better runner - just through the knowledge from the book alone. Then the real magic happened. I started to put into practice the steps in the book. I practiced dropping myself in and out of self-hypnosis using Adam...



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