



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

By Correa (Certified Meditation Instructor)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Becoming Mentally Tougher In Table Tennis by Using Meditation is one of the best ways to prepare 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 fantastic results. The third piece is mental toughness and that can be obtained through meditation. Table Tennis players 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 table tennis player? When considering unlocking their true potential most table tennis players focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It s common to want to see physical benefits from physical exercises but what many table tennis players don t know is that meditation has been proven to improve physical health and performance. Reaching your...



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