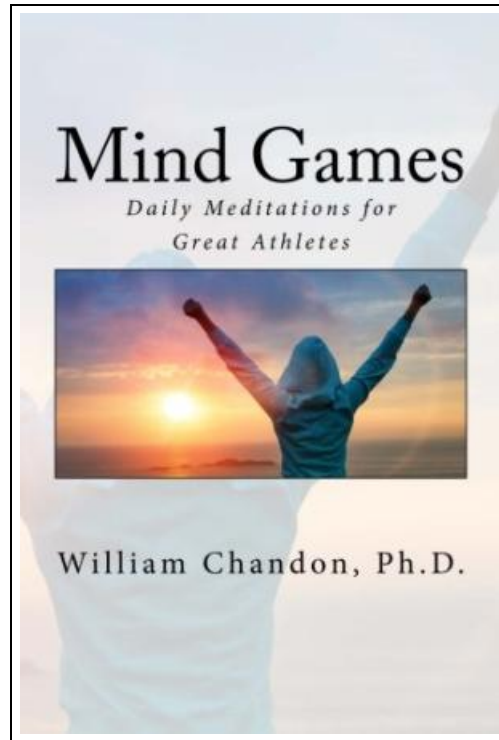


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Reviews

I actually started off looking at this pdf. It is one of the most amazing pdf i have got read. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Milford Donnelly)

MIND GAMES: DAILY MEDITATIONS FOR GREAT ATHLETES (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Most of us know that we can perform athletically at higher levels. We know we can be better. We notice that we seem to be stuck in patterns of similar mistakes. Many of us are on an endless search for changes in technique and technology, searching for the missing key ingredients to success. If we re paying close attention to how we train and compete, we notice that we sabotage and limit ourselves. We may also suspect that we unconsciously sabotage ourselves because we find ourselves doing things that we know are counterproductive, but can t seem to get out of our own way. We also can t usually figure out why we undercut our ability. The most significant challenges we usually face are the mental ones and not the physical ones. The key problem that many of us have is that we don t know how to stop sabotaging ourselves. Even if we recognize how we are sabotaging ourselves, we may not be able to stop. Intellectual knowledge is helpful, but it isn t sufficient to make deep and powerful changes. We ve tried everything we know and it isn t enough. We need something deeper and more powerful. There s a deeper way of knowing and a deeper self-knowledge that we find when we develop a meditation practice. We find our center where we are in touch with our deep wisdom and passion. When we live, train, and compete from our center, we find more clarity about our strengths and weaknesses. We learn that the barriers that appear to be holding us back are actually invitations to develop, change, improve, and tap into the deep strength that...



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