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

By Adam Eason

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...



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