



The Art of Virtual Practice 2 - How to Learn and Master Any Skill at Lighting Speeds (Paperback)

By Jack N Raven

Createspace Independent Publishing Platform, 2013.
Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Did you know that a recent study on virtual practice comparing people who actually engaged in real life practice VS people who just virtually practiced and visualized are only 1 deficient in results? The people who actually went out and did it are only 1 better from the people who just virtual practiced! Not a lot of difference right? It takes about 10,000 hours to be a MASTER at any craft. By following the techniques on this book? You can cut that that to a fraction of the time! You can get more field time/practice time by doing these special techniques-anytime, anywhere! You can be practicing martial arts, drawing, sky diving, and a thousand other skills you want to master just using your mind and the methods laid out on this book. Much like in the Matrix where they just download martial arts skills, and the helicopter pilot program-they instantly get that skill! This is as close as it gets! Imagine any skill, you can learn to master it at a fraction of the time! Even practice things you've just dreamed...

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