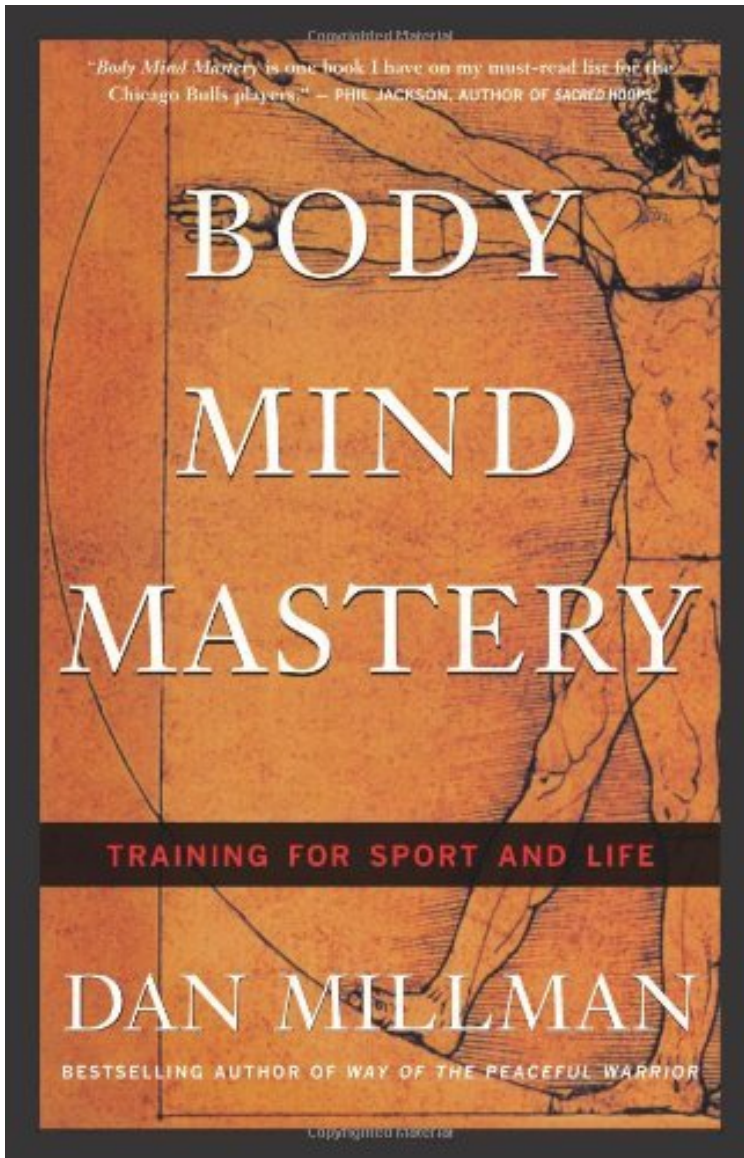


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Body Mind Mastery: Training for Sport and Life



Par Dan Millman
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[Ebook pdf] Body Mind Mastery: Training for Sport and Life

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Description : Description du produitThis seminal book was among the first to apply Eastern philosophies to Western concepts of well-being and sports training. The result is a peerless primer on meeting and surpassing personal goals -- in sports, music, and life -- through physical training, mental conditioning, and competition. Now revised with daily exercises based on Dan Millman's principles, and advice for the aging athlete, this audio will help people free their minds of concern and anxiety, focus on the present moment, relax and realign their bodies, and unleash the power of their emotions.

Prsentation de l'diteurDrawing on his extensive experience as a coach and world champion athlete,

bestselling author Dan Millman reveals a path to success not only in sports but in any life endeavor that requires training and the integration of the body and mind from golf and tennis to playing the piano. *Body Mind Mastery* is a revised and updated edition of Millmans classic *The Inner Athlete* and includes a brand new Peaceful Warrior warmup, with photos and instructions on creating a daily exercise routine from Millmans principles, as well as a new section on the aging athlete. Through personal experience, as well as anecdotes from teaching and coaching at such schools as Stanford, U.C. Berkeley, and Oberlin College, Millman directs the reader through the detailed process of attaining the optimum performance of body and mind, where our minds are free of concern or anxiety, focused on the present moment; our bodies relaxed, sensitive, elastic, and aligned with gravity; our emotions free-flowing expression, uninhibited, spontaneous. *Body Mind Mastery* includes overview chapters on developing mental, emotional, physical talent; practical chapters on training, competition, and the evolution of athletics; and Millmans exploration of natural laws that govern mental and physical training. It is a seminal book that examines the psychology behind the search for athletic excellence, and shows anyone how to improve skills, accelerate learning, and unleash athletic potential. The skills it teaches are applicable in sports and daily life transforming training into a path of personal growth and discovery.

From AudioFile Based on his classic book, *THE INNER ATHLETE*, the program is about how to create mental and physical harmony while mastering coordinated physical activities. Though he says competition develops grace under pressure, he argues against winning as a primary goal and advises us to think more about our degree of focus, concentration, and attention. With the credibility of his own athletic achievements, he offers us many knowledgeable suggestions. He has an understanding of sports physiology that goes beyond muscle toning and skill building he knows the Eastern concept of life energy that underlies all achievement and expression, and articulates his ideas with Zen-like clarity and a unified purpose. A worthwhile program for anyone aspiring to oneness and tranquility in the sports arena. T.W. AudioFile 2001, Portland, Maine-- Copyright AudioFile, Portland, Maine

Présentation de l'auteur Drawing on his extensive experience as a coach and world champion athlete, bestselling author Dan Millman reveals a path to success not only in sports but in any life endeavor that requires training and the integration of the body and mind from golf and tennis to playing the piano. *Body Mind Mastery* is a revised and updated edition of Millmans classic *The Inner Athlete* and includes a brand new Peaceful Warrior warmup, with photos and instructions on creating a daily exercise routine from Millmans principles, as well as a new section on the aging athlete. Through personal experience, as well as anecdotes from teaching and coaching at such schools as Stanford, U.C. Berkeley, and Oberlin College, Millman directs the reader through the detailed process of attaining the optimum performance of body and mind, where our minds are free of concern or anxiety, focused on the present moment; our bodies relaxed, sensitive, elastic, and aligned with gravity; our emotions free-flowing expression, uninhibited, spontaneous. *Body Mind Mastery* includes overview chapters on developing mental, emotional, physical talent; practical chapters on training, competition, and the evolution of athletics; and Millmans exploration of natural laws that govern mental and physical training. It is a seminal book that examines the psychology behind the search for athletic excellence, and shows anyone how to improve skills, accelerate learning, and unleash athletic potential. The skills it teaches are applicable in sports and daily life transforming training into a path of personal growth and discovery.