



## Becoming Mentally Tougher in Triathlons 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 Triathlons 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 reach your maximum capacity. The third piece is mental toughness and that can be obtained through meditation. Triathletes 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 triathlete? When considering unlocking their true potential most triathletes focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It is common to want to see physical benefits from physical exercises but what many triathletes don't know is that meditation has been proven to improve physical health and performance. Reaching your peak performance requires that you train and stimulate...



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