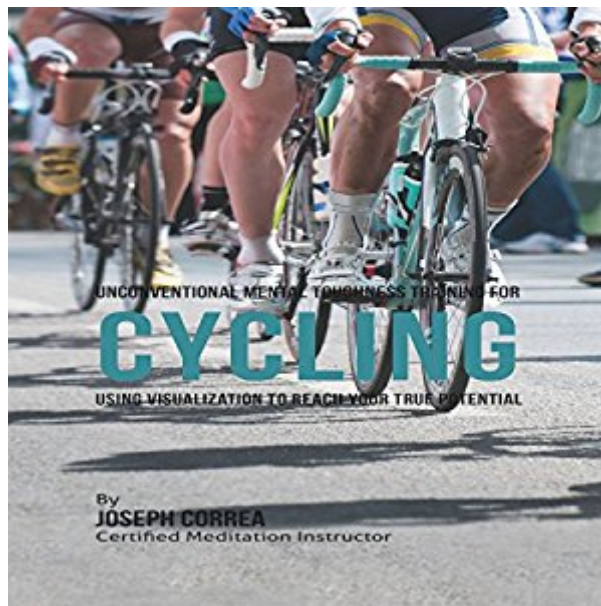


The book was found

Unconventional Mental Toughness Training For Cycling: Using Visualization To Reach Your True Potential



Synopsis

Unconventional Mental Toughness Training for Cycling will significantly change how hard you can push yourself mentally and emotionally, through the visualization techniques taught in this audiobook. Want to be the best? To be the best, you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified, which makes it hard to see if you are improving or making a difference. In reality, visualizing will increase your chances of success more than any other activity. You will learn three visualization techniques that are proven to improve your performance under any situation. These are: 1. Motivational visualization techniques 2. Problem-solving visualization techniques 3. Goal-oriented visualization techniques These cycling visualization techniques will help you to: Win more often Become mentally tougher Outlast the competition Get to the next level Recover faster and train longer How is this possible? Visualizing will help you to better control your emotions, stress, anxiety, and performance under high-pressure situations, which are often the differences between success and failure. Bringing out the best in yourself - in any sport - and reaching your true potential can only happen through a balanced training regimen, which should include mental training, physical training, and proper nutrition. Why aren't more people using visualizations to enhance their performance in cycling? There are a number of reasons, but the truth is that most people have never tried it before and are afraid to try something new. Others don't think that improving their mental capacity will make a difference, but they are wrong. Practicing visualization techniques for cycling on a regular basis will allow you to increase your lung capacity and recover faster after training.

Book Information

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