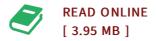




## Becoming Mentally Tougher in Boxing by Using Meditation: Reach Your Potential by Controlling Your Inner Thoughts

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 Boxing by Using Meditation is one of the best ways to reach your true potential. Eating right and training are two of the pieces of the puzzle but you need the third piece to see incredible results. The third piece is mental toughness and that can be obtained through meditation. Boxers 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 boxer? When considering unlocking their true potential most boxers focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It s common to want to see physical benefits from physical exercises but what many boxers 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 the body and...



## Reviews

Merely no words to explain. I really could comprehended everything out of this published e ebook. I found out this publication from my dad and i suggested this publication to learn.

-- Prof. Margarita Ledner PhD

This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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