



## Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit

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By Jose Silva

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as when you practice physically. When you combine physical and mental practice, your results are far greater. Now the world's Number One mind training program will show you how. Whether you are a pro, a weekend warrior, of a fitness fanatic, this book is for you. You've seen athletes do it in all sports: \*Members of the Olympic bobsled team just before their run, eyes closed, their bodies swaying back and forth as they visualize the run \*Professional basketball players mimicking the free throw, picturing it mentally, before actually taking the ball and shooting it \*The pro golf champion on the tee visualizing his drive. Research has shown conclusively that when you practice mentally - at the correct level of mind - you will gain almost as much benefit as you will when you practice physically. And when you combine both physical and mental practice, your results are far...



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