



Treinamento Mental Para Artes Marciais: Um Breve Guia Para Obter Resultados (Portuguese Edition)

Rory Christensen

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Ele é o melhor guia para treinar a mente e obter sucesso nas artes marciais.

Neste livro você aprenderá:

- O poder da meditação, e por que cinco minutos por dia é tudo de que precisa para obter resultados reais
- A acelerar seu progresso utilizando técnicas de visualização
- A conseguir um foco que o fará atingir seus objetivos em um prazo muito mais curto
- A lidar com o medo e vencer seu oponente interior
- Técnicas simples de PNL que funcionam – e ponto
- A ter mais autodisciplina e a gerenciar sua negatividade
- E muito mais

Ao aplicar as técnicas descritas neste livro, você vai acelerar seu progresso nas artes marciais e chegar mais longe do que jamais foi, não importa qual modalidade você treine.

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