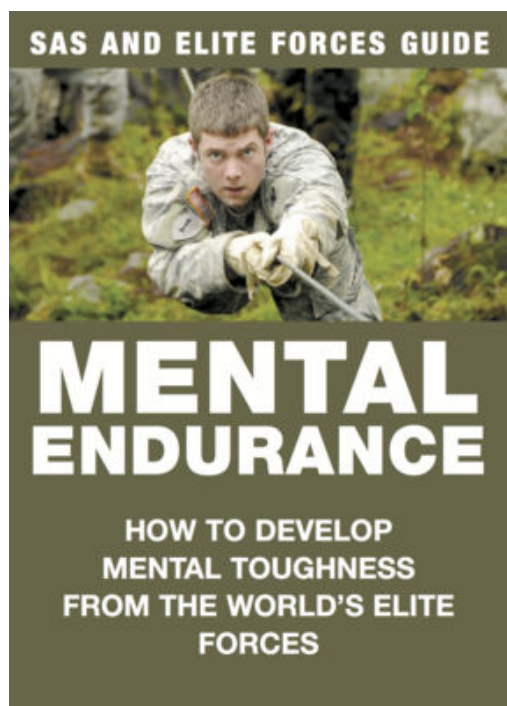


Descargar libros Mental Endurance gratis (PDF | ePub | Mobi) Chris McNab DG Media



You can train all you like, but when it comes to the crunch, do you have the mental endurance to see yourself through combat situations, being held hostage or finding yourself at the mercy of the elements? Mental Endurance examines what it takes to be as mentally fit as a special forces soldier. It is equally important to focus on diet, rest patterns and mental discipline as it is to concentrate on push-ups, sit-ups and other physical exercises. Using simple steps, the book shows the reader how they can build up their endurance over a matter of weeks and months, and how their quality of life will benefit.

Mental Endurance demonstrates how you can gain the psychological edge over your opponent. Whether you are competing in unarmed combat sports, running a marathon or just looking to get ahead, the book will have helpful and practical advice for you. Exercises such as positive thinking and visualisations and memory games are explored as ways of

dealing with solitude, depression, anger management and torture when in crisis situations. Using 300 instructive artworks, Mental Endurance shows you how special forces units such as the SAS and Delta Force stretch themselves mentally.

Title	:	Mental Endurance
Author	:	Chris McNab
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File Size	:	7.74MB

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