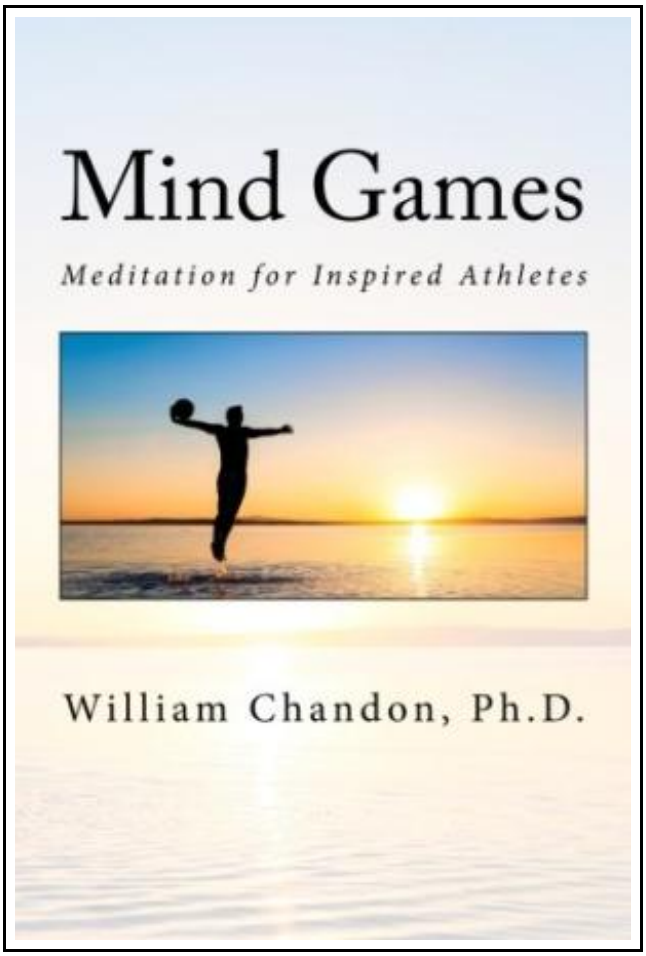
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(Eileen Kling I)

MIND GAMES: MEDITATION FOR INSPIRED ATHLETES (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Most of us know that we can perform at a higher level. We know we can be better. We ve become frustrated with under performing. The most significant challenges we usually face are the mental ones and not the physical ones. We know that we sometimes sabotage and limit ourselves. We also suspect that there are ways in which we unconsciously sabotage ourselves because we don t know what we don t know. The key challenge is that we don t know how to stop sabotaging ourselves. Intellectual knowledge is helpful, but isn t sufficient to make deep changes. We ve tried everything we know and it isn t enough. We need something deeper and more powerful. There s a deeper way of knowing and a deeper self-knowledge that we find when we develop a meditation practice. We find our center where we are in touch with our deep wisdom and passion. When we live, train, and compete from our center, we find more clarity about our strengths and weaknesses. We learn that the barriers that appear to be holding us back are actually invitations to develop, change, improve, and tap into the deep strength that we find inside in order to follow through on what will help us more forward as athletes and people. The root word for inspired is spirit. Our spirit is the deepest part of us that invites us to train and compete with passion and skill. When we learn to meditate effectively, we gain access to powerful resources that reside in our subconscious mind. In time, we learn to follow our spirit and its wisdom. We learn to unleash our...

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