



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

*Jose Silva*

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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, or 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 greater.

Silva graduates report they have been able to:

\*Learn what they need to know, faster and easier.

\*Train their bodies to perform better by visualizing at the correct level of mind

\*Improve their intuition and anticipation so that they do the right thing at the right time more often, automatically

\*Manage pain, and recover from injuries faster

\*Program themselves for success

Play the mental game like the superstars do

Whether you are a beginner or a world champion, there are techniques in this book that you can use to develop your physical and mental skills.

Don't just sit and watch other people enjoying the rewards of success - get up and get involved.

Enjoy the benefits of better health, attractive appearance, the recognition for what you have accomplished, and the personal satisfaction of knowing that you achieved something worthwhile. Use the techniques to help you achieve your training and athletic goals, to get the body you want, and to live the healthy, successful life that you deserve.

National and World Champions featured in Jose Silva's Guide to Mental Training for Fitness and Sports:

\*Find out how the practical aspects of the Silva Method enabled Vidheya, a young Italian girl, to become National Martial Arts Champion

\*World Series MVP Bucky Dent tells how the Silva Method helped his career, and why he recommends it to his younger players

\*Bruce Schneider details how he used Silva techniques to help him hit a home run in the bottom of the 9th inning that won the game and qualified his team for the slow pitch softball World Series

\*Rafael "Paeng" Nepomuceno of the Philippines explains how the Silva techniques helped him win the World Cup of Bowling

\*Internationally known sports psychologist Andrzej Wojcikiewicz explains how the Silva techniques helped the Canadian National Fencing Team improve dramatically and do better than expected in the Barcelona Olympics.

Young athletes benefit:

\*Learn how the Silva techniques helped Natalie Lacuesta, an 11-year old Illinois girl and the youngest member of her team, achieve the Number One ranking in the United States in rhythmic gymnastics

\*Discover the simple technique that basketball coach Hector Chacon used in his halftime talk that turned a group of athletes that experts considered losers, into winners

\*Learn how Dana Sheets, who believed Jose Silva when he told her she could accomplish anything, used programming and physical practice to make her high school's varsity tennis team as a freshman

Older athletes feel young again:

\*An Ohio man explains why the Silva System was invaluable in giving him the stamina to earn his black belt in karate at the age of 57

\*Learn why a 79-year-old marathon runner praises the Silva techniques

Join these people in the Winners Circle with José Silva's step-by-step guidance in this outstanding book.

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#### **Eric Baur:**

This Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit is great book for you because the content which is full of information for you who have always deal with world and get to make decision every minute. This kind of book reveal it details accurately using great organize word or we can declare no rambling sentences included. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but tough core information with splendid delivering sentences. Having Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit in your hand like having the world in your arm, details in it is not ridiculous one. We can say that no book that offer you world with ten or fifteen tiny right but this e-book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. busy do you still doubt that will?

#### **Veronica Lopez:**

In this period of time globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended for your requirements is Jose Silva's Guide to Mental Training for Fitness and Sports: Think and Grow Fit this e-book consist a lot of the information of the condition of this world now. This specific book was represented how does the world has grown up. The language styles that writer require to explain it is easy to understand. The actual writer made some analysis when he makes this book. That is why this book ideal all of you.

#### **Donald Warren:**

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