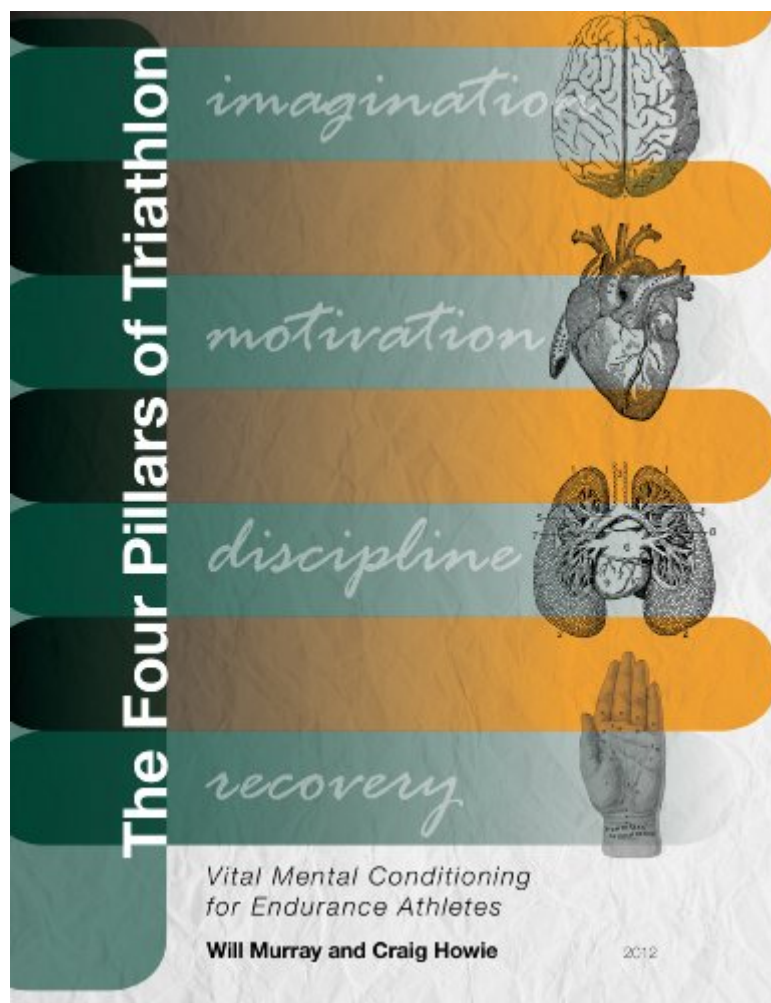




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The Four Pillars Of Triathlon: Vital Mental Conditioning For Endurance Athletes



Synopsis

The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes. Twenty-eight specific, effective and durable techniques to improve your racing and training experience using the Four Pillars: Imagination, Motivation, Discipline and Recovery. The Four Pillars has practical, easy, fast and durable techniques that you can self-administer or use with a helper. Like a training program for your mind, The Four Pillars offers a set of remarkably effective techniques to build on your mental powers to overcome obstacles and enable you to go to greater heights. These techniques also transfer to other aspects of your life beyond endurance sports. This is not a book of what you should do to enhance the mental side of your performance. It explains in clear steps exactly how to do it. Many of the techniques are deceptively simple and easy, yet work amazingly well. If improving your mental conditioning is hard, you are not doing it right.

Book Information

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Customer Reviews

For athletes, the most underleveraged tool is often mental. This book is written by top-performing endurance athletes who had to figure this out for themselves. They share a powerful, practical and proven step-by-step guide which can be used by anyone who wants to improve their physical

performance, well-being and experience by utilizing a powerful resource -- the mind. Nicely done!

Great practical and effective book. Talks about the "whys" and the "hows". Love the exercises as they truly bring home the point of the information.

Lots of good practice in this! I've never been good at the visualizations but these are great since they are very specific.

Very informative information - I'm a runner only

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