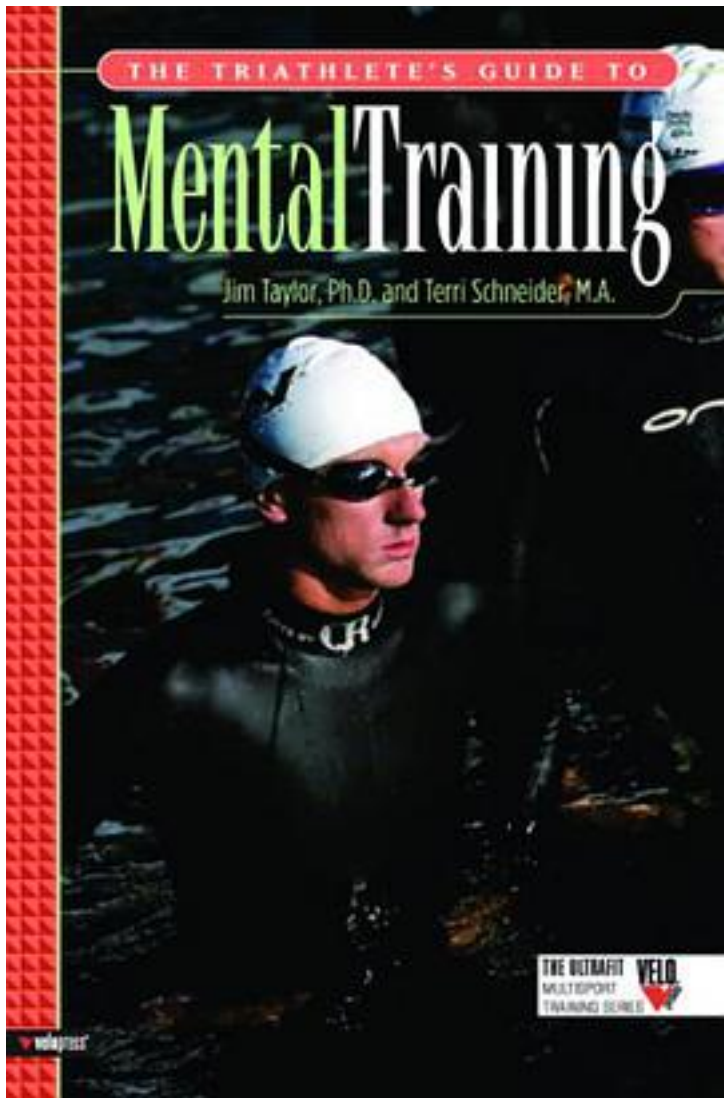


# The Triathlete's Guide to Mental Training (Ultrafit Multisport Training Series)



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著者:Ph.D. Jim Taylor

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Triathlon is certainly physically demanding, to say the least, but most triathletes would agree that it is the mental aspect that can determine whether or not they achieve their competitive goals. Resources addressing this key aspect have been hard to come by -- until now. In "The Triathlete's Guide to Mental Training, the authors -- both accomplished sport psychologists and Ironman triathletes -- offer readers in-depth, practical information and skills they can use to build mental muscle. Readers learn first how to assess their psychological strengths and weaknesses, and then discover the six mental factors that most affect triathlon performance. The book includes essential tools for training and competition, such as routines, mental imagery, and tips on getting organized and setting goals, and also explores what it takes to be an Ironman, the unhealthy side of triathlon, and valuable lessons to be learned from the world's best triathletes.

作者介绍:

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标签

运动

评论

耐力运动爱好者必读书。你若问一个跑者、铁人，他们从耐力运动中得到什么，答案常常是精神层面的，但有意思的是大家都忙于想着和做着体格上的训练，却很少考虑精神层面的训练。这本书无疑是一本治疗“运动神经病”操作性很强的指南手册，让你成为一个更精神的自己。哈哈！

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书评

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