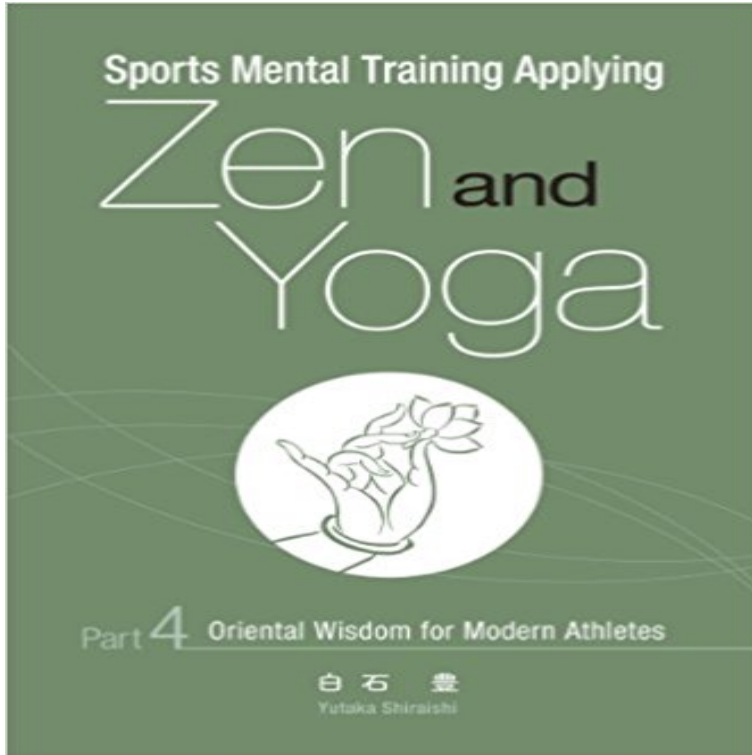


Sports Mental Training Applying Zen and Yoga Part4 Oriental Wisdom for Modern Athletes



In this final part of the book, the author introduces his long-time experience of Zen Buddhism and Yoga, tips from which are now part of his mental training program. Function of those tips is described in the examples of top-level athletes. He also introduces various Yogic exercise methods, and integrates them into a pre-breakfast training program for athletes, namely, the Morning Body and Mind Peak Performance Program.

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