



# Mind & Muscle

*Blair Whitmarsh*

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## **Mind & Muscle** Blair Whitmarsh

The new wave of mind-body books reminds us of what ancient philosophers determined long ago -- mental and physical functions are linked in a very delicate balance. Research has since confirmed those early observations, proving the connection between psychological states and physical performance in many ways. No market is more concerned about its physical appearance and prowess than bodybuilders. **Mind & Muscle** is a ground-breaking book in the mind-body literature, combining the latest research and essential experiences related to the mental and physical sides of serious strength training and bodybuilding. This manual combines the best information and insights available for people whose physiques are a primary obsession. **Mind & Muscle** helps readers achieve a better understanding of their psychological and physiological selves. Moreover, the book guides bodybuilders and serious strength trainers to incorporate mental skills into their physical workouts. Techniques and tools such as performance profiling, positive thinking and affirmations, motivational strategies, relaxation and complete breathing, attention control, and mental rehearsal and visualization will add new power to readers' training as they try to boost physical strength and sharpen muscle definition.

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