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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Unconventional Mental Toughness Techniques for Marathon Runners will significantly change how hard you can push yourself mentally and emotionally through visualization techniques taught in this book. Want to be the best? To be the best you have to train physically and mentally to your maximum capacity. Visualizing is commonly thought of as an activity that cannot be quantified...

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- Authored by Correa (Certified Meditation Instructor)
- Released at 2015



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