



The Mental Transformation for Marathon Coaches: Teaching Meditation Techniques to Help your Students Gain Control over Their Emotions, Body, and Mind

Joseph Correa

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The Mental Transformation for Marathon Coaches by Joseph Correa Meditation as exercise for the mind helps to strengthen your mind as you would strengthen your body, consistently evolving as you practice it. Physical conditioning, good nutrition, and meditation are the three keys to achieve a state of optimal performance. Most marathon runners don't pay as much attention to meditation as they should because they are mostly worried about physical strength and development. Obtaining your optimal performance requires that you train and stimulate your body and mind. Focusing only on the physical part of training and neglecting the mental part often results in reaching a point where you don't see progress after a while and are stuck there due to mental assumptions, mental blocks, and past failures. Not taking this into account may be the main reason why some marathon runners have trouble getting to the next level. In order to do your best you must accept that the body and the mind have to work together as a team. Results, in meditation, will happen gradually and naturally. They will be present in how you carry yourself and in your new ability to control your thoughts and emotions. By starting your meditation sessions and being disciplined and consistent you will notice significant improvements in how you respond to anxiety, pressure, and stress.

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