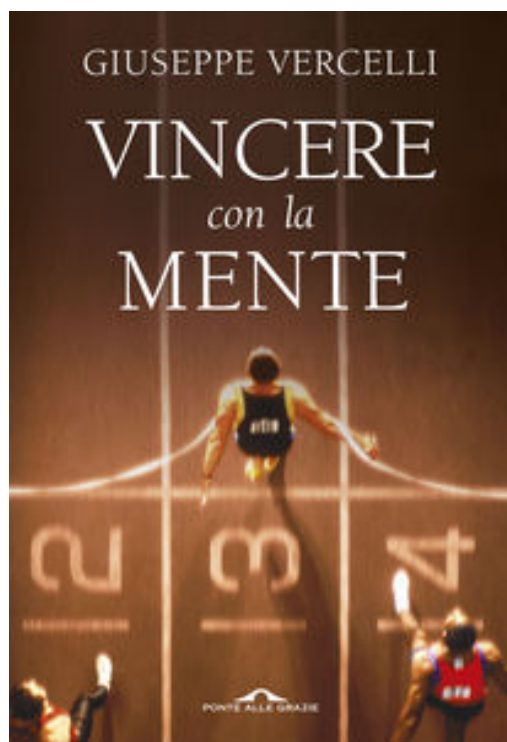


Leggere Vincere Con La Mente Ebook Gratuito PDF/EPUB/mobi - Vercelli Giuseppe



leggere Vincere con la mente Ebook gratuito PDF/EPUB/mobi Vercelli Giuseppe , Offrire sempre il meglio di sé, sentirsi al massimo della prestazione, sempre tesi verso il superamento dei propri limiti: i grandi campioni dello sport - gli eroi del nostro tempo - incarnano il nostro bisogno di misurarci in sfide, di migliorarci, di vivere con intensità e pienezza. A questo serve la psicologia dello sport, una disciplina recente che sta assumendo sempre maggiore importanza nel mondo del Grande Sport. In questo libro, Giuseppe Vercelli, psicologo dello sport, ci introduce nella mente del campione e ci mostra i meccanismi mentali, le relazioni con gli altri e l'atteggiamento nei confronti della realtà che favoriscono la vittoria, nello sport come nella vita. Il campione è colui che sa responsabilizzarsi rispetto al suo mondo, al suo successo ma anche al suo insuccesso, è colui che sa fare delle scelte, ha il coraggio di decidere ascoltando le proprie sensazioni. Vincere significa, dice Vercelli, provare le migliori sensazioni possibili in quel preciso momento, cercare il meglio da stessi. Una sfida che tutti desideriamo

affrontare.

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