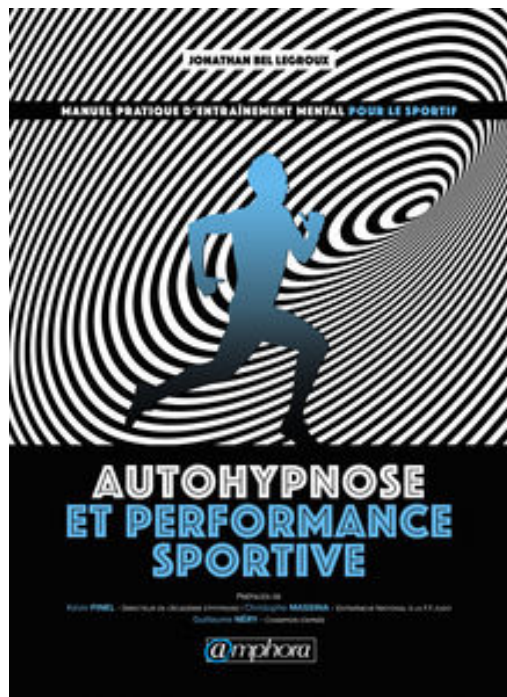


# Lire Des Ebooks Autohypnose Et Performance Sportive Jonathan Bel Legroux PDF, EPub, Mobi



Lire des ebooks Autohypnose et performance sportive Jonathan Bel Legroux PDF, ePub, mobi, L'autohypnose comme nouveau chemin de performance ! La plupart de nos réactions, de nos émotions, de nos croyances et de nos automatismes sont gérés en arrière-plan par notre mental, inconsciemment. L'autohypnose permet d'agir directement sur ces niveaux de conscience, où l'imagination façonne la réalité de notre quotidien ; elle vous offre l'opportunité, en cas de blocage, de remettre du choix là où il n'y en avait plus et de réinstaller du mouvement là où la volonté n'était pas suffisante.

Une fois la création de cet état maîtrisé, vous pouvez **agir sur les émotions, les apprentissages, la concentration, la confiance, l'estime, pour optimiser les temps de récupération, gérer le stress et vos moments de vie de sportif** (compétition, blessures, changement de club, arrêt de la pratique...).

**Apprenez les bases de l'autohypnose moderne, définissez vos objectifs et coordonnez le mental et le corps par l'hypnose sur les points-clés de votre pratique physique pour performer... Devenez votre propre coach !**

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