



Body Mind Mastery: Creating Success in Sport and Life

Dan Millman

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This seminal book was among the first to apply Eastern philosophies to Western concepts of well-being and sports training. The result is a peerless primer on meeting and surpassing personal goals -- in sports, music, and life -- through physical training, mental conditioning, and competition. Now revised with daily exercises based on Dan Millman's principles, and advice for the aging athlete, this audio will help people free their minds of concern and anxiety, focus on the present moment, relax and realign their bodies, and unleash the power of their emotions.

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