



Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

John Douillard

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Until recently, the effortless "Zone" of peak performance was only within the reach of serious athletes. Now, with **Body, Mind, and Sport**, anyone can reach the Zone, regardless of fitness level.

Designed to accommodate a variety of individual fitness needs, the **Body, Mind, and Sport** program is split into two levels. Level 1 is for non-athletes who want to improve overall fitness; Level 2 is for those who want to train for competitive or recreational purposes. Your own unique mind-body type is taken into account to guide you in achieving your personal best without stress or strain. In this revised and updated edition of **Body, Mind, and Sport**, fitness expert and trainer John Douillard outlines a program in which your individual seasonal constitution-Winter, Spring, or Summer-determines what exercises or sports are best suited to your mind-body type and what foods you should eat for optimum results.

Using the **Body, Mind, and Sport** approach you can decrease heart and breath rates while improving both fitness and performance. Dozens of world-class athletes, including Martina Navratilova and Billie Jean King, have used John Douillard's expert breathing techniques, dietary recommendations, and seasonally balanced workouts. Now you can, too!

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