

GUERREROS DE LA ROCA

Entrenamiento mental para escaladores

«Este es el primer libro que conozco que trata con profundidad el juego interno que supone la escalada; ya era hora.»

Jim Bridwell

«Guerreros de la roca es un manual excelente para identificar y superar las barreras psicológicas, y para alcanzar el máximo potencial de escalada. Percibir una escalada como un viaje, iniciado por decisión propia, es un estímulo eficaz para lograr éxito, tal y como este crítico puede confirmar personalmente.»

John Gill

Los manuales de escalada no suelen dedicar muchas páginas al entrenamiento mental, aunque éste constituye un factor de rendimiento tan importante como la fuerza, la flexibilidad o la técnica. En esta aproximación única al entrenamiento mental Arno Ilgner recurre a algunas ideas especiales de la antigua tradición del Camino del Guerrero, así como a la psicología moderna del deporte. Combinando estos elementos con su propia dilatada experiencia como escalador, crea GUERREROS DE LA ROCA: un programa completo con el cual aprenderás cómo focalizar tu capacidad mental durante una escalada comprometida. El autor nos guía paso a paso por el camino del guerrero de la roca, que incluye el análisis de la motivación, recopilación de la información, valoración del riesgo, concentración y la transición deliberada a la acción.

Un uso deficiente de la atención puede dar lugar al miedo, cuyas manifestaciones varían desde la ansiedad por el éxito hasta franco terror. Al dirigir nuestra atención más conscientemente podemos comprender cómo surge el miedo, tratar con él de forma eficaz y liberarnos para restablecer el contacto con una fuerza de motivación mucho más poderosa: nuestro amor por la escalada. Sólo entonces nuestra intención será inflexible, lo cual redundará en un rendimiento fuera de lo común. GUERREROS DE LA ROCA ofrece un programa revolucionario para aquellos escaladores que deseen mejorar su rendimiento disfrutando cada vez más de la escalada.

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Guerreros De La Roca

Michael Rajnik



Guerreros De La Roca:

Guerreros De La Roca: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Guerreros De La Roca : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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