GUERREROS DE LA ROCA

Entrenamiento mental para escaladores

«Éste 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 esenciales 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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Desnivel ediciones

Guerreros De La Roca

Victor M. Corman

Guerreros De La Roca:

Decoding **Guerreros De La Roca**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guerreros De La Roca**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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