



Winning Habits: Techniques for Excellence in Sports

B.P. Bam

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Basic Approach

Winning is a habit we need to cultivate by manoeuvring the thoughts responsible for our habits. Emphasizing particularly on sports, where competition is unavoidable, Winning Habits offers techniques and solutions from Indian and Western psychology, and yogic practices to deal with negative thoughts which create hindrances in the path to victory. Disciplining the thought processes through concentration-exercises like Bindu Trataka and Jyoti Trataka; strengthening the correct responses from memory, and a positive anticipation of the future through visualization; and yogic exercises like Pranayama for developing concentration and attention focus, Shavasana and Nyasa for relaxation and creation of energy reserves are some of the recommended remedies.

Features

This book is divided into three parts, each dealing with a separate area of focus:

- Basic concepts and their practical applications for excellence and achievement in sports
- Techniques and exercises such as Bindu Trataka, Jyoti Trataka, Pranayama, Nyasa, Soham Mantra, Shavasana and visualization
- The actual application of these techniques in sports such as tennis, badminton, table-tennis, squash, judo, wrestling, boxing, shooting, archery, billiards, snooker, golf, football, hockey, basketball, cricket, and volleyball

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Author Bio

B. P. Bam is the founder of the Purushottam Academy established for the promotion of excellence in all fields. He was Vice President of National Rifle Association of India and President of Maharashtra Rifle Association for four years. He is also a qualified coach in rifle- and pistol-shooting.



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