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## Zen Mind, No Mind (Paperback)

By Brian Reeve

AUTHORHOUSE, United States, 2011. Paperback. Book Condition: New. 200 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book is in two parts: The first, Body Mechanics, describes our body type, structure, systems, organs and canals, physical conditioning, and stress. The second, Concept, Principle and Technique, describes meditations and breathing, mind and body coordination, mental calm and strength, physical relaxation with power, extending energy of the mind, physical conditioning, mindset, self-defence, and massage. The techniques presented are equally suitable for men and women. A section concentrates on physical training. Detailed attention is given to dynamic and static contractions for strength and endurance, cardiovascular techniques for endurance and strength, and exercises for flexibility and strength. Physical training has the dual function of strengthening the body and strengthening the mind. An important section is on mindset; working on mindset is not only to learn the techniques for conditioning your intuition and develop desirables, such as confidence and awareness, but to feel complete within yourself and realize your value in society. The section on self-defence is not a reiteration of physical techniques frequently taught in self-defence classes or martial arts schools. It relates self-defence to mindset, and the...



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