

BODY MIND MASTERY



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Body Mind Mastery Training for Sport and Life by Dan Millman

Body Mind Mastery: Creating Success in Sport and Life was an amazing book. It gave me insight on what it takes to be an accomplished athlete. From the physical challenges and preparations to what it takes mentally and emotionally. Dan Millman is an x athlete that knows what it takes to be great at something. He tells us about his experiences and how we can relate to them. This book gives excellent detail on how you have to train your body and mind in order to become successful in sport life.

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Body mind mastery, he explains, is not about dedicating your life to training, but about dedicating some of the principles of training to your life. Let s dive in. Child s Play. When we re learning a new skill or trying to master an existing one, Millman suggests that we can learn a few valuable things from babies.

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