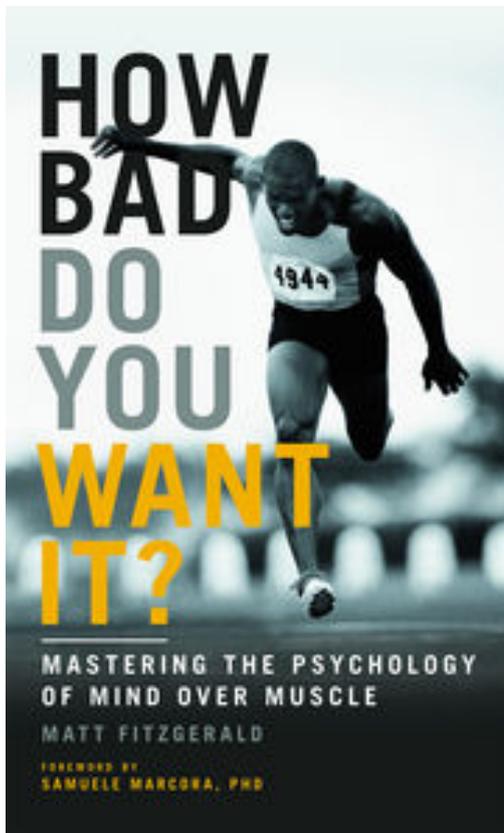


Download Online Boek Nederlands How Bad Do You Want It? - Matt Fitzgerald



Download online boek Nederlands How Bad Do You Want It? Matt Fitzgerald , HOW BAD DO YOU WANT IT? revisits some of the most extraordinary moments from the history of endurance sports to show how mental strength allows some athletes to perform at a level way beyond their physical limits - to will their body to do what was previously thought biologically impossible. Drawing on cutting-edge scientific research it suggests concrete habits and tactics we can use to cultivate our own mental strength, whilst providing thrilling accounts of some of the most inspiring and astonishing feats in sporting history. In 2010 Sammy Wanjiru entered the Boston Marathon suffering from injuries to his knee and his lower back, a stomach virus that prevented him from training and a lifestyle that meant he spent more time in nightclubs than on the track. He shouldn't have even been able to finish the race, and at times he seemed as if he literally had nothing left to give, yet in an epic battle he crossed the finishing line first. How did he manage it? HOW BAD DO YOU WANT IT? describes a new 'psychobiological' model of endurance performance connecting the mind, body and brain. Compelling accounts from triathlon, cycling, running, rowing and swimming are viewed through the lens of

this model shedding new light on what science has to say about mental fortitude in sports. Featured athletes include: Sammy Wanjiru, Jenny Barringer, Greg LeMond, Willie Stewart, Cadel Evans, Joseph Sullivan, Paula Newby-Fraser, Ryan Vail, Thomas Voeckler, Ned Overend, Steve Prefontaine

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