



# Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

By John Douillard

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## Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best By John Douillard

Until recently, the effortless "Zone" of peak performance was only within the reach of serious athletes. Now, with Body, Mind, and Sport, anyone can reach the Zone, regardless of fitness level.

Designed to accommodate a variety of individual fitness needs, the **Body, Mind, and Sport** program is split into two levels. Level 1 is for non-athletes who want to improve overall fitness; Level 2 is for those who want to train for competitive or recreational purposes. Your own unique mind-body type is taken into account to guide you in achieving your personal best without stress or strain. In this revised and updated edition of **Body, Mind, and Sport**, fitness expert and trainer John Douillard outlines a program in which your individual seasonal constitution-Winter, Spring, or Summer-determines what exercises or sports are best suited to your mind-body type and what foods you should eat for optimum results.

Using the **Body, Mind, and Sport** approach you can decrease heart and breath rates while improving both fitness and performance. Dozens of world-class athletes, including Martina Navratilova and Billie Jean King, have used John Douillard's expert breathing techniques, dietary recommendations, and seasonally balanced workouts. Now you can, too!

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