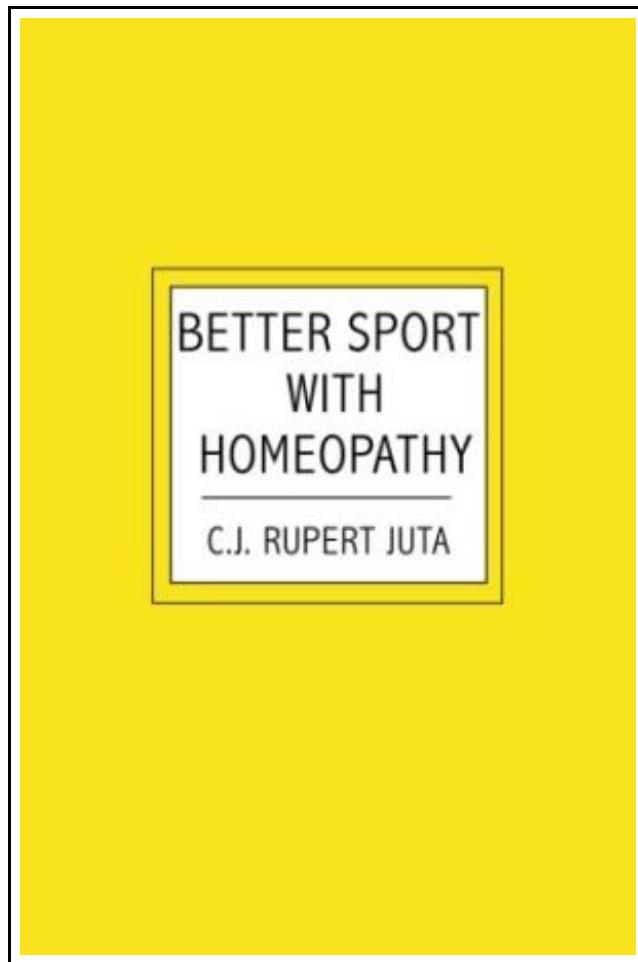


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BookSurge Publishing. Paperback. Book Condition: New. Paperback. 480 pages. Dimensions: 8.0in. x 5.2in. x 1.1in. Case history: It was only when the experiments with homeopathy began, that the level of training was seen to improve significantly. Old, niggling knee, foot and neck and back injuries were healed, mental sloth was wiped out, focus and enthusiasm was restored. Most of all the mind was cleared of thoughts not desirable in heavy training, and circular thoughts and pre-occupations were cleared out. In this book, an effort has been made to isolate various factors which inhibit maximum performance. Perhaps the mind is the main culprit when it comes to not training hard enough, or regularly enough, or intelligently enough. Then of course there are the normal problems like stiffness, tiredness, overtraining, seizure of muscles, poor sleep and suchlike. Finally there are those injuries, which plague around a third of all athletes at any given time. Homeopathy can help to quickly overcome these problems in many, but not all sportspeople. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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