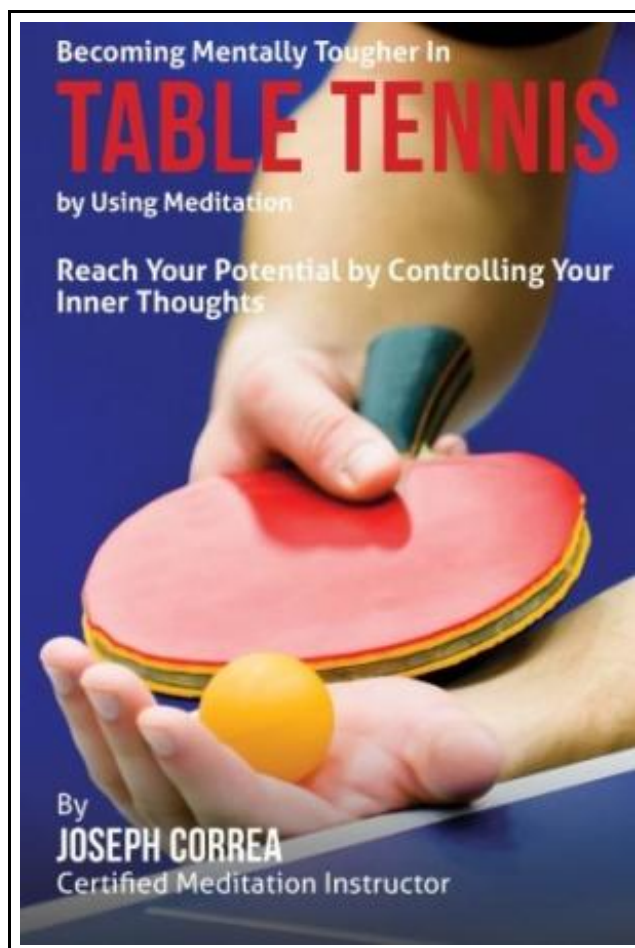


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- More confident during competition.
- Reduced stress levels.
- Better capacity to concentrate for long periods of time.
- Lower muscle fatigue.
- Faster recovery times after competing or training.
- Overcome nervousness better.
- Control their emotions under pressure.

What more can you ask for as a table tennis player? When considering unlocking their true potential most table tennis players focus on physical and nutritional goals but often overlook their inner potential through practices like meditation and visualization. It s common to want to see physical benefits from physical exercises but what many table tennis players don t know is that meditation has been proven to improve physical health and performance. Reaching your peak performance requires that you train and stimulate the body and mind. Not taking this into account can be a main reason why some table tennis players have trouble moving on to the next level. In order to do your best you must accept that the body and the mind are what will make you complete. Meditation as exercise for the mind helps to strengthen your mind as you would strengthen your body and consistently evolving as you practice it. Physical conditioning, good nutrition, and meditation are the three keys to achieve a state of optimal performance. Most table tennis...



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