



# Mental Muscle: How to Use the Full Power of Your Mind to Develop Superhuman Strength

By Logan Christopher

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## **Mental Muscle: How to Use the Full Power of Your Mind to Develop Superhuman Strength** By Logan Christopher

How to Make Impossible Feats of Strength Become Easy--And Bust Far Beyond Your Current PRs. Imagine you have under 7 minutes to increase the reps on your hardest exercise by 350%, without any changes to your physical technique. Well, there is ONLY ONE way you can achieve this kind of a jump in your PRs, without any adjustment to your form...It is only by employing certain little-known secrets of mind-control that you can ever hope to blow through your PR barriers with this level of instant success...

Want to make the impossible possible on a routine basis? Want to discover instant strength gain secrets hidden from 99.97% of all current personal trainers? Utilized successfully by a tiny handful of elite strongmen and world-class athletes? Then Mental Muscle is your magic bullet.

“Mental Muscle is THE mind manual for people who want to intentionally connect their brain to their body and experience amazing results now. As in RIGHT NOW. In this breakthrough book, Logan completely demystifies mental training, making it as easy to understand as hoisting a barbell. You'll get the ‘how’ and the ‘why’ and immediately be able to plug in easy-to-understand techniques to improve yourself and crush obstacles like a sledgehammer. I can think of no other manual that gives you as many workable methods and can get you moving forward as quickly as Mental Muscle. Trust me, you've been waiting for this book. Thankfully, it's finally here.”--Mike Gillette, Member, Martial Arts Masters Hall of Fame, Bodyguard to Fortune 500 execs, Subject-Matter Expert for TSA and Department of Homeland Security, author of Rings of Power

Here is the complete blueprint on how to make instant, massive strength gains a reality—step-by-step, with nothing overlooked and nothing held back, in a format you can replicate at will, over and over and over and over.

“Take my word for it: Mental Muscle is that ultimate mental training manual we have all been waiting for. Let’s quit wasting time jawing, and go get you some superpowers, kid. It’s all in here.”—Paul “Coach” Wade, author Convict Conditioning

The first section, How Your Mind Controls Your Body, gives background information showing just how powerful the mind truly is.

The second section, Mental Training Tactics and Techniques, shows you some of the most important focus areas in mental training.

The third section, Peak Performance Drills for Strength, Muscle, Fat Loss and Skills, covers specific drills based on the methods covered in the previous section. In this section, training goals are broken up into four main chapters: training for strength, adding muscle, losing weight and finally for sports and other skill-based movements. This section wraps up with a lengthy and in-depth drill for achieving flow on demand.

The final section, Transcripts of Mental Training with Clients, shows you these methods and drills in action. You'll read word for word transcripts of Logan coaching clients through the drills and into achieving success with various exercises.

"In Mental Muscle, Logan Christopher provides an excellent blueprint to master your mind and unleash your true strength potential. In fact, the techniques in this book are so powerful, they can be applied to improving all aspects of life, not just physical performance."—Al Kavadlo, author of Zen Mind, Strong Body

"The mind is a great reservoir of untapped potential. Logan Christopher shows not only the importance of training the mind, but how to do it. If you want to overcome obstacles and surpass preconceived limits, you must develop mental power and strength. Mental Muscle will provide you with the tools to build extraordinary strength and athleticism."—Jon Bruney, author of Neuro-Mass

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- Sales Rank: #118073 in eBooks
- Published on: 2015-10-10
- Released on: 2015-10-10
- Format: Kindle eBook

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