



Zendurance: A Spiritual Fitness Guide for Endurance Athletes

Shane Alton Eversfield

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“This is a wonderful piece of work—something all athletes need to read.” —Paula Newby-Fraser, eight-time Ironman World Champion

Using basic Zen techniques, the author provides a guide to improving athletic performance through meditation, centering, visualization and relaxation. The book is written for athletes of all levels, and for people who are not necessarily drawn to spirituality. The goal is “meditation in movement,” and extending the many benefits of *Zendurance* into your everyday life. Many athletes struggle during training and racing, with their mental stress and physical imbalances creating barriers to their performance. *Zendurance* teaches you to find “effortless power.”

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