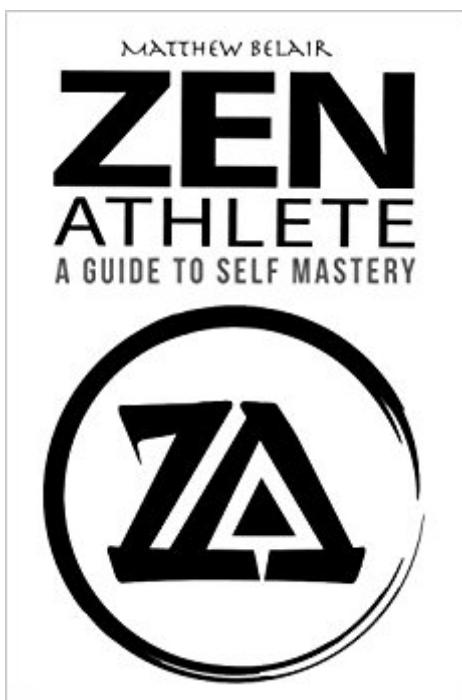


The book was found

# Zen Athlete: The Secrets To Achieving Your Highest Potential



## **Synopsis**

Zen Athlete demystifies the art of mental training, flow and peak performance. At its core Zen Athlete is a practical guide to self mastery. It is designed to empower world class athletes, leaders, executives, peak performance junkies and knowledge seekers with tried and tested strategies for achieving your highest potential in all areas of life. The code to super human performance has been cracked! Learn the secrets to using your passion as a catalyst to develop your mind, body and spirit. Here are some of the powerful and timeless lessons that are contained within:

- How to use the Zen Performance model to achieve excellence in sport and life
- How to get into the "Zone" • or "Flow" • state quickly and easily
- How to quickly and easily uncover your limiting beliefs and program new empowering beliefs
- How to program your mind to achieve anything you want
- Little known techniques for unlocking dormant potential, achieving mental clarity and inner knowing
- Simple and practical wisdom for taking care of the body, building super human strength, focus and sensory abilities
- Learn the blueprint for harnessing the power of visualization to learn skills, heal your body and manifest your reality
- 19 Powerful questions to uncover who you truly are
- Timeless Zen principles for living a balanced life, knowing yourself, and reaching enlightenment

This is just the tip of the iceberg. View the chapters and head to [www.ZenAthlete.com](http://www.ZenAthlete.com) to experience more training. Within a month of reading and applying Zen Athlete's practical and user-friendly techniques, I set two world records! - Brodie Carmichael (Freestyle Motocross Rider)

## **Book Information**

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## Customer Reviews

Matthew Belair is a life long martial artist, knowledge seeker and explorer. He has travelled the world to train with masters, which include meditating with monks in Nepal, training MMA in Thailand, trekking Mount Everest and studying Shaolin Kung Fu with 34th Generation Shaolin Masters in China. He shares his knowledge through his podcast, The Matt Belair Podcast: Master Mind, Body & Spirit, his coaching, workshops and programs.

Matt Belair and the Zen Athlete are the real deal. Matt has an insatiable thirst for knowledge and he has a relentless pursuit and making everyone around him better. Matt's experience in life and self development has equipped him with certain tools and techniques that will upgrade your life and allow you to find peak performance and whatever you set your mind to accomplish. After spending over a week with Matt, I can honestly say he is sincerely interested in helping others reach their potential and he is just a fun guy to spend time with. Listen to his podcast as well for some fun conversations that will upgrade your operating system just like Zen Athlete does. This book is a must read!

Zen Athlete by Matt Belair is the ultimate "all in one guide" to unlocking your true potential! The guide is tailored toward extreme sports, but anyone looking to improve in ANY skill can apply these techniques. The author covers a wide range of topics that really resonate with me - all which I've learned from other sources. It's reassuring to see Matt expound on these topics (nutrition, exercise, goal setting, law of attraction, zen principles). My favorite part of the guide are the zen principles. Some may not fully understand the zen principles and how powerful they are at first. Once you reflect on it and learn the right balance of how to apply them (everything shouldn't be practiced to the extreme), it is life changing! We are much more powerful beings than we think and Matt shares how!

Zen Athlete is definitely a book to add to your collection if you're interested in learning techniques that assist in self mastery! No need to be a professional athlete, these suggestions & perspectives are applicable to anyone participating in this sport we call life! Matt breaks down all of this beneficial knowledge into easy to digest concepts, like setting positive triggers for yourself, that allow anyone to enhance their creative performance in any category of life.

Great book. Super helpful.

Matt Belair is a real deal modern day shaman. Besides being enlightened dude and and an all around badass, he has a seemingly unending love and passion for bringing about the highest and best in anyone who is open to unlocking their inner potential. I can personally attest to the efficacy of his work having consulted with him for 1 on 1 coaching and creating a personalized heart guided meditation. What Matt is doing is opening space for the shift in consciousness we all can have now. This stuff works and I hope you are lucky enough to get this book!

I am a 30 year old snowboarder who originally grew up in Ontario and moved out West to Kelowna about 9 years ago I have been snowboarding for about 19 years now. Back home in High School my friends and I would film each other snowboarding and riding bikes and anything that made us happy. When I moved out west I had the passion to keep snowboarding and filming for video parts. I have now blown both left and right knees both MCL and ACL and also meniscus and had reconstructive surgery performed on both. As I am getting older my passion is still the same for the sport, but with my age and injuries I have found it harder and harder to overcome the fear of performing tricks. I found myself overthinking lots not just about the sport but life in general. I came across Matt's teachings and have to say that I have already noticed a huge improvement! Its amazing how powerful the mind is and what it can do. One thing in life I would recommend is listening and learning from Matt. I wish I could rate this with more than just 5 stars!!!!

Matt Belair is one of the most inspirational dudes on the planet. Matt's sincere genuine interest in helping others achieve their goals and dreams is what sets him apart from other Self Help or Business Guru's. He has spent the majority of his life seeking knowledge about the power of the mind and has modelled it into sport and personal development. His obsession with visualization and mental preparedness will help anyone who seeks to achieve success in sports but also in business. This book offers a wealth of knowledge and will be a source you will refer back to for years to come.

Matt Belair is one amazing dude. Having done a couple of podcasts with him previously, I had no idea what to expect when seeing his lifestyle philosophy in written form. Put it this way, his book delivers BIG. What separates Matt from many other empowerment thought leaders is his genuine concern for everyone he comes into contact with. His diverse experience traveling the world coaching with professional athletes, training with shaolin masters and meditating with Buddhist monks gives him an inner game understanding very few can relate to. This understanding is provided in very actionable steps anyone can employ to improve their performance in business and

in life. These are unique strategies you will be using over and over again for the rest of your life. Matt is truly an old soul firmly entrenched on the seeker's path and you would be wise to read this book and put his recommendations to work. *The Definitive Testosterone Replacement Therapy MANual: How to Optimize Your Testosterone For Lifelong Health And Happiness*

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