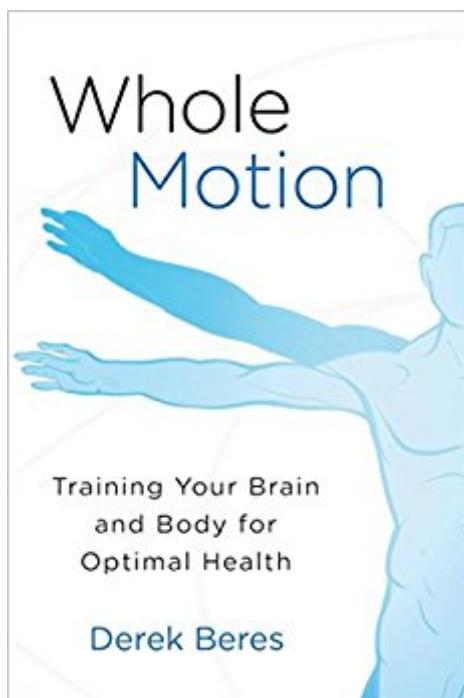


The book was found

Whole Motion: Training Your Brain And Body For Optimal Health



Synopsis

Modern fitness is not just about how we move our bodies; it's about how we move our brains as well. Whole Motion offers a complete picture of how to strengthen your resolve, gain laser-sharp focus, boost your ability to remember, calm your anxiety levels, master your emotional responses, and embody your body like never before. Author Derek Beres uncovers the latest research in how the brain is affected by a number of different exercise formats. The book offers sample workouts designed to give your brain the greatest stimulation and regeneration possible. Whole Motion is divided into two main sections. In the Movement section, Beres looks at the movement science and neuroscience behind Feldenkrais, strength training, HIIT, yoga, and meditation. He reveals the latest research behind each movement discipline and incorporates anecdotal examples from clients and students. He also includes information on when and why to perform each exercise. In the Mind section, Beres investigates the other side of fitness: nutrition, regeneration, flow, and disruption, as well as how to choose music for optimal workouts and the neurological cost of distraction. This section is the lifestyle component, focusing on how to create the best environment to achieve a sense of completeness in brain and body.

Book Information

File Size: 1610 KB

Print Length: 226 pages

Page Numbers Source ISBN: 1631440721

Publisher: Carrel Books; 1 edition (July 18, 2017)

Publication Date: July 18, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01N4JBMIK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #481,253 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

[Download to continue reading...](#)

Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Motion: Training Your Brain and Body for Optimal Health Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Whole Food: The 30 Day Whole Food Challenge Ã¢â ¦ Whole Foods Diet Ã¢â ¦ Whole Foods Cookbook Ã¢â ¦ Whole Foods Recipes (Whole Foods - Clean Eating) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Grain Brain Whole Life Plan: Boost Brain Performance, Lose Weight, and Achieve Optimal Health Brain Games for Dogs: Training, Tricks and Activities for your DogÃ¢â ¦ Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook Ã¢â ¦ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook Ã¢â ¦ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Change Your Brain, Change

Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The Whole Brain Business Book, Second Edition: Unlocking the Power of Whole Brain Thinking in Organizations, Teams, and Individuals (Business Books) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (Whole-Body Healing) by McCormick, R.Keith (2009) Paperback The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)