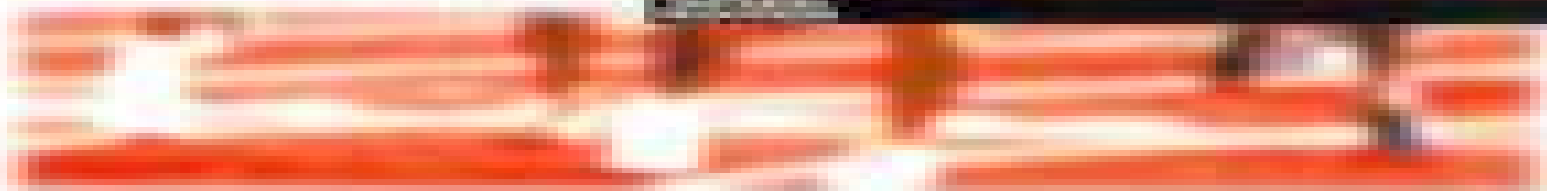




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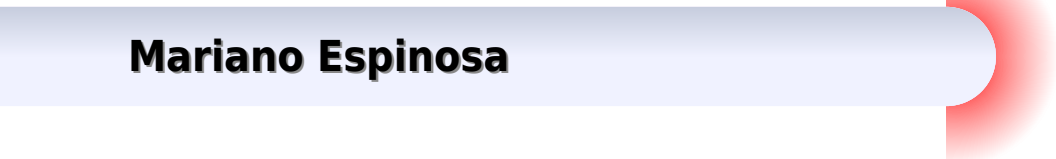


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Sofrologia Y Exito Deportivo

Mariano Espinosa



Sofrología Y Éxito Deportivo:

SOFROLOGÍA Y ÉXITO DEPORTIVO Édith Perreaut-Pierre, 2000-04-28 La preparación mental acompañada de modernas técnicas como la sofrología es indispensable en los deportistas para optimizar su preparación física y táctica. La mayoría de los atletas saben que lo mental el control psicológico marca la diferencia. La palabra sofrología fue creada por Caycedo a partir del griego antiguo y se desglosa en: *sos* sano, *equilibrado*, *armonioso*, *phren* mente, conciencia y *logos* discurso, estudio o sea el estudio de la armonía de la conciencia. A lo largo de las sesiones usted tomar conciencia de sus sensaciones de su cuerpo de sus emociones. Este libro concebido como una obra pedagógica se dirige tanto a pedagogos, profesores, entrenadores como a los terapeutas, psicólogos, kinesiterapeutas, médicos, enfermeras que desean introducirse en la pedagogía. También está pensado para cualquier persona que desee progresar tanto en el ámbito deportivo o en el mundo laboral como para aquellas que simplemente desean estar bien con su cuerpo y tener clara la mente, es decir vivir en armonía con ellos mismos y con su entorno familiar, profesional, social. El libro se divide en 15 sesiones que le enseñarán a: Saber respirar correctamente, Aprender a relajarse con el entrenamiento autogénico, Aprender a recuperarse con la sofronización de base, Aprender a pensar positivamente con la sofroaceptación progresiva, Aprender a dormir bien, Aprender a controlar el estrés con el signo se al de optimización, Desarrollar la motivación, Desarrollar el esquema corporal con la relajación dinámica de 1er grado adaptada, Aprender a dinamizarse con el calentamiento sofónico, Desarrollar el esquema corporal con la relajación dinámica de 1er grado adaptada, Desarrollar la capacidad de percepción con el entrenamiento de los cinco sentidos, Facilitar la memorización y desarrollar la creatividad con el entrenamiento bilateral del cerebro, Adaptarse al entorno con la sofrosustitución sensorial, Desarrollar la confianza en uno mismo con el sofroreforzamiento, Reforzar la cohesión del equipo con la relajación dinámica de 3er grado adaptada. *Cuentos y parábolas sofrológicas* Armando Nougués Fernández, 2020-09-07 Si te encuentras en un camino de búsqueda personal si eres una persona con inquietudes más allá de lo meramente material si disfrutas aprendiendo o si simplemente deseas una lectura inspiradora que al mismo tiempo te divierta y te ayude a conocerte mejor, este libro es el que buscas. A través del uso de los cuentos y las parábolas, el autor desvela de manera sencilla los misterios de la Sofrología tanto para neófitos como para quienes ya tienen una cierta experiencia de ella. También relata la evolución personal que le llevó a ir más allá de la Sofrología para crear la Sofrodinámica, disciplina que pretende ayudar a los seres humanos a mejorar sus vidas. Este es un libro para degustar y saborear, para interiorizar sus enseñanzas y reflexionar de forma pausada sobre los interrogantes que plantea. Cada historia encierra diversas claves que se te irán desvelando cada vez que realices una nueva lectura del mismo relato. Por tanto, podrá decirse que es un libro no solo de lectura sino también de relectura. Espero que para muchas personas más que un libro sea un compañero de viaje al que acudir para inspirarse en esos momentos en los que la vida les pesa o en los que se necesita una luz para el camino.

Directorio de psicología de la actividad física y el deporte Félix Guillén García, Sara Márquez Rosa, 2005-10-10 **Psicología de la Educación Física y**

el Deporte Félix Guillén García, 2007-06-21 Una de las grandes dificultades de la Psicología y más concretamente la Psicología del Ejercicio y el Deporte ha sido el gran desconocimiento que de ella tiene el gran público. En este libro se ha intentado tratar temas concretos y relevantes para la educación física y el deporte en sus niveles más básicos de manera que los profesionales que se inician tengan una imagen más clara del comportamiento humano. **Trabajos científicos**, 1975

Trabajos Científicos International Society of Sports Psychology, 1975 *Citius, altius, fortius*, 1974 **Elementos de psicología del deporte** Bruno Stornaiolo, 1982 Manual de ejercicios en psicología del deporte. Cinco habilidades psicológicas para el éxito deportivo Jiménez Lerín, Angélica, Vázquez Pineda, Fernando, 2016 El presente Manual pretende ser una guía objetiva eficaz y de fácil aplicación en donde sin importar el nivel de conocimientos edad o grados académicos las personas entrenadores deportistas de cualquier nivel o categoría puedan beneficiarse de su uso y así continuar fortaleciendo su mente y sus recursos para enfrentarse a situaciones cada vez más como demandantes tanto en el deporte como de la vida. Consta de 5 módulos divididos conforme a las 5 habilidades psicológicas básicas y más relevantes para cualquier deporte y 29 sesiones. Cada sesión describe actividades sencillas y ajustadas a las necesidades las cuales incorporan aspectos cognitivo conductuales al deporte un enfoque que ha comprobado su utilidad para fortalecer y desarrollar recursos en los individuos. Entre las principales técnicas encontramos la psicoeducación la reestructuración cognitiva relajación visualización entrenamiento en asertividad técnicas de sociabilización establecimiento de objetivos autoinstrucciones y ejercicios de Consciencia Plena. Todas ellas dispuestas de modo que además de trabajar una habilidad psicológica se pueda reforzar el resto. El Manual se vuelve una guía flexible y práctica con la que el facilitador puede resolver problemáticas de acuerdo a las necesidades que se presenten por lo que se propone una estructura inicial no obstante su aplicación se ajusta al criterio del facilitador los avances entre sesiones y la aplicabilidad individual o colectiva de las mismas. Además el Manual describe diferentes formas para evaluar las habilidades psicológicas a través de cuestionarios medidas fisiológicas y registros conductuales. Esto permite constatar el beneficio del trabajo que se efectúa y su aplicación adecuada. El presente Manual llena un espacio en la literatura en México para apoyar el crecimiento del deportista el cual lo hará más competitivo y resistente a los desafíos del deporte contemporáneo. El camino hacia el éxito deportivo Dr. Paulo Morocho, 2024-04-07 En AG Deportes nos enorgullece presentar *El Camino hacia el éxito Deportivo* una obra que refleja nuestro compromiso inquebrantable con el desarrollo y el progreso de los deportistas. A lo largo de los años hemos trabajado incansablemente para ofrecer recursos y herramientas de primer nivel que impulsen el rendimiento deportivo y promuevan una mentalidad de éxito. Con este libro reafirmamos nuestro compromiso de ser un socio confiable y de confianza para los atletas que buscan alcanzar sus metas y superar sus límites en el mundo del deporte. Nuestra experiencia y dedicación en el campo del deporte nos han permitido compilar una guía exhaustiva que aborda aspectos cruciales para el éxito deportivo desde la preparación física y mental hasta la gestión de la carrera y la construcción de una marca personal sólida. *El Camino hacia el éxito Deportivo* es el resultado de a

os de investigación experiencia práctica y colaboración con deportistas de elite con el objetivo de proporcionar un recurso integral que empodere a los atletas para alcanzar su máximo potencial y convertirse en campeones dentro y fuera del campo de juego Con cada página de este libro nuestro compromiso con los deportistas se hace evidente estamos aquí para brindarles el apoyo la orientación y la inspiración necesarios para alcanzar nuevas alturas en su carrera deportiva Desde el primer paso hasta la línea de meta AG Deportes está comprometido a ser el compañero de viaje de cada deportista allanando el camino hacia el éxito y celebrando cada logro en el emocionante viaje hacia la grandeza deportiva **Sofrología olimpismo y**

deporte profesional Mariano Espinosa,1993 Relación rendimiento físico - estrategias psicológicas como clave del éxito deportivo, usadas por entrenadores y profesores de educación física especializados en alto rendimiento Paola Farías,1997

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