



## Becoming Tough (Paperback)

By James J Councilman

JazzyKitty Greetings, United States, 2007. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How Does One Become Tough? The answer proposed in Becoming Tough is, Whatever kind of toughness you seek, it is achieved in the same way as any skill, through practice and study, that is, through training. To that end, Becoming Tough presents exercises whose outstanding feature is their use of simple repetitive movements to facilitate concentration. Because a long-lasting physical activity is easier to sustain than a long-lasting mental task, the poorer one's ability to concentrate, the more important this assistance becomes. Physical fitness is a significant by-product, not only because it improves physical health but also because it encourages social confidence and self-esteem. Another exceptional feature is a toughening program that addresses the user's long-term aspirations for change as well as immediate concerns without interfering with personal beliefs that the user does not wish to change. The value of the proposed methods for increasing toughness lies in their .simplicity .use of repetitive movements to assist concentration .adaptability to the user's immediate and long-term concerns.



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