



**Coach dich selbst zu deinem besseren Ich!:
Mentale Strategien von Race-Across-America-
Rekordhalter Christoph Strasser (German
Edition)**

Thomas Jaklitsch

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Sagen Sie Nein zu den langweiligen Routinen, Ja zu den Möglichkeiten! Mit dem Ziel: Coach dich selbst zu deinem besseren Ich!

Mentale Strategien, wie Sie sie – unabhängig davon, wie alt Sie sind – im Hier und Jetzt leben können, stehen im Vordergrund des Trainings von Coachingexperten Thomas Jaklitsch. Nachdem er schon viele Menschen darin unterstützte, ihre Lebensträume zu erfüllen, begleitet er seit Jahren den Extremradfahrer und Rekordhalter Christoph Strasser und erfüllte auch ihm seinen Lebenstraum – Teilnahme und mehrfacher Sieg

samt Rekorden beim Race Across America.

In seinem neuesten Buch geht er darauf ein, was passiert, wenn das Ziel erreicht, der Traum erfüllt ist. Auf spannende und mitreißende Art schafft er es auch hier wieder, Episoden aus dem Leistungssport, neurowissenschaftliche Erkenntnisse, Psychologie und Lebensberatung zu kombinieren. Konkrete Übungen, Metaphern und jeweilige Kapitelzusammenfassungen ermöglichen Ihnen spielend die Umsetzung in die Praxis.

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