

ability to control their mind, as well as their body. This includes the use of Neurotherapy to be able to maintain the appropriate mood state for consistent high performance, as well as the ability to allow the mind to shut off psychophysiological systems for regeneration purposes.

### Summary

In summary, regeneration begins with appropriate Periodization and good variety within and between practices. The sequencing of work must not only be individualized, but must also be sensitive to the daily, seasonal changes in each person across time. When there is additional social or psychological stress upon athletes, they need either a reduced workload or a longer regenerative time.

In most cases the addition of regenerative techniques such as massage, and

deep relaxation are effective. If the athlete is slow to recover, has past physical or psychological trauma, or is a world class athlete where very small increments in training loads will result in large performance gains, then more sophisticated regeneration such as biofeedback or brain specific Neurofeedback is recommended.

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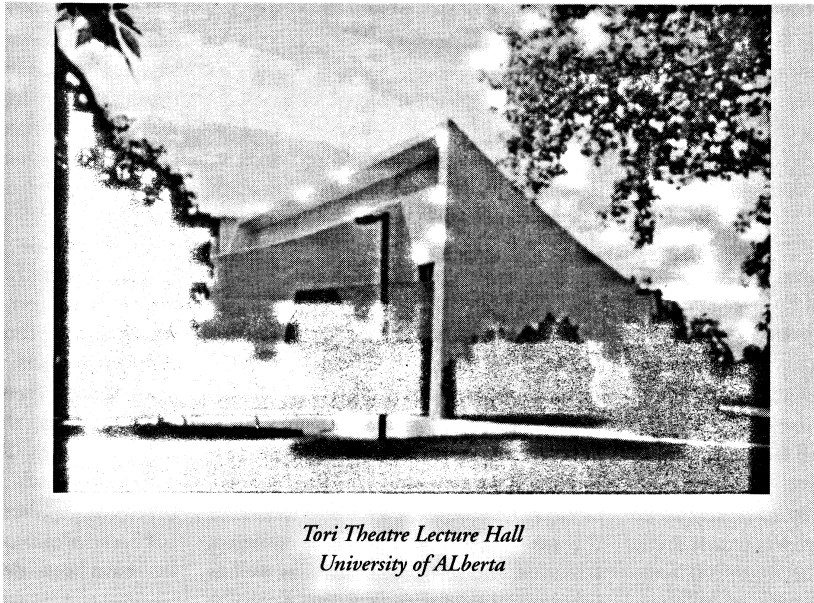
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