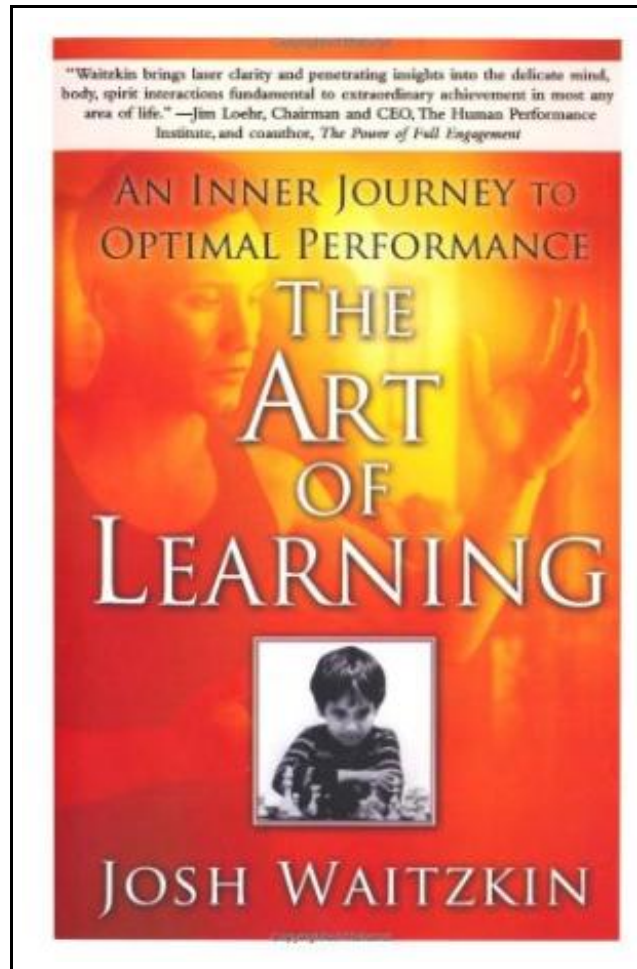


The Art of Learning An Inner Journey to Optimal Performance



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Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

THE ART OF LEARNING AN INNER JOURNEY TO OPTIMAL PERFORMANCE



Free Press. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.4in. x 5.5in. x 0.8in. Josh Waitzkin knows what it means to be at the top of his game. A public figure since winning his first National Chess Championship at the age of nine, Waitzkin was catapulted into a media whirlwind as a teenager when his fathers book Searching for Bobby Fischer was made into a major motion picture. After dominating the scholastic chess world for ten years, Waitzkin expanded his horizons, taking on the martial art Tai Chi Chuan and ultimately earning the title of World Champion. How was he able to reach the pinnacle of two disciplines that on the surface seem so different Ive come to realize that what I am best at is not Tai Chi, and it is not chess, he says. What I am best at is the art of learning. In his riveting new book, The Art of Learning, Waitzkin tells his remarkable story of personal achievement and shares the principles of learning and performance that have propelled him to the top -- twice. With a narrative that combines heart-stopping martial arts wars and tense chess face-offs with life lessons that speak to all of us, The Art of Learning takes readers through Waitzkins unique journey to excellence. He explains in clear detail how a well-thought-out, principled approach to learning is what separates success from failure. Waitzkin believes that achievement, even at the championship level, is a function of a lifestyle that fuels a creative, resilient growth process. Rather than focusing on climactic wins, Waitzkin reveals the inner workings of his everyday method, from systematically triggering intuitive breakthroughs, to honing techniques into states of remarkable potency, to mastering the art of performance psychology. Through his own example, Waitzkin explains how to embrace defeat and...



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