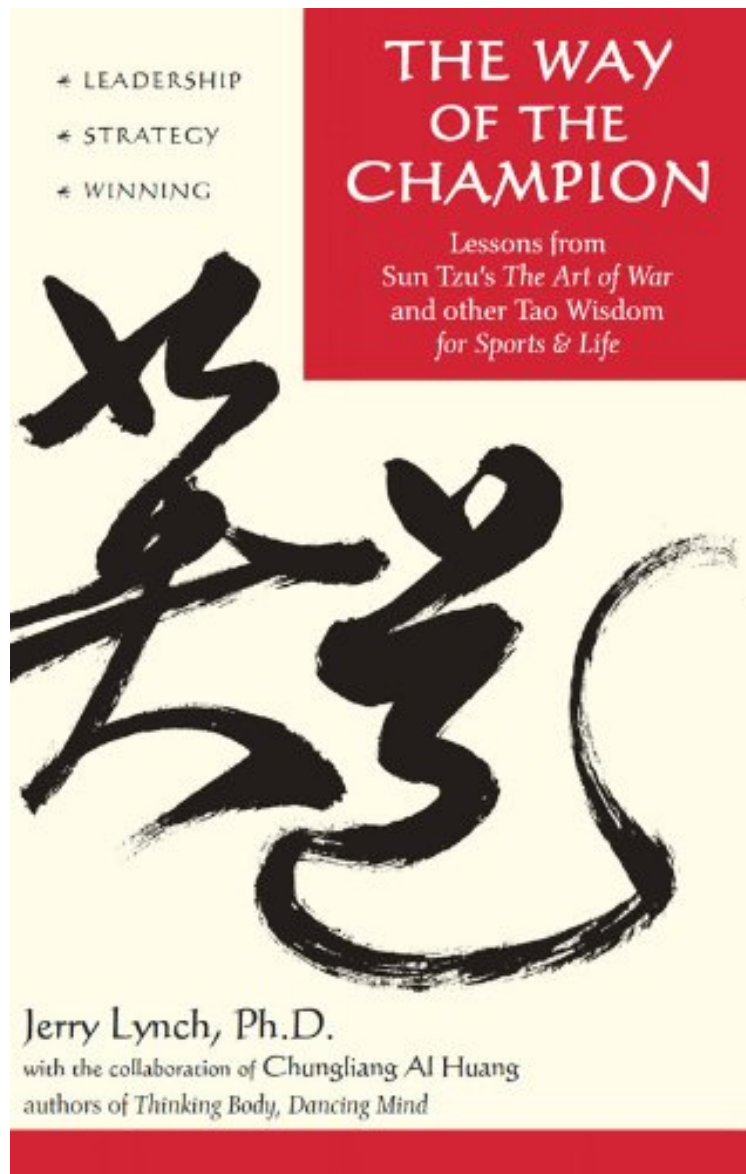


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Way of the Champion: Lessons from Sun Tzu's the Art of War and Other Tao Wisdom for Sports Life

Jerry Lynch, Chungliang Al Huang

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Jerry Lynch, Chungliang Al Huang : Way of the Champion: Lessons from Sun Tzu's the Art of War and Other Tao Wisdom for Sports Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Way of the Champion: Lessons from Sun Tzu's the Art of War and Other Tao Wisdom for Sports Life:

1 of 1 people found the following review helpful. Required reading for any serious coach!By John O'SullivanBrilliant, a must read for any coach. Learn how to build trust, and get your athletes working together toward a common goal. You will refer back to this book everyday!0 of 0 people found the following review helpful. Also a Great Book for Parents of Young Athletes!By N. M.I purchased this book to help me better understand how I could best support my two young athletes, and it continues to be my go-to source for advice. Jerry Lynch brings such a healthy perspective to competition and success, that I find I use his philosophy in many different aspects of my own life. The examples he provides from his own coaching experience are really inspiring, and the techniques he recommends for achieving higher levels of success in sports and in life are incredibly logical and simple to follow. This book has definitely helped me know what to say or not to say to my kids before and after their games, and as a result, they are playing better, have smiles on their faces and our relationship just keeps improving. I definitely recommend it for athletes or parents of young athletes.4 of 4 people found the following review helpful. Road Map of positive thinkingBy BJJ LibrarianI've previously listened to and read Sun Tzu's "Art of War" and tried to make the principles and philosophies apply to my life and martial arts training. However, "The Way of the Champion" does all of this for you. It is well written which makes it an easy read. There are lots of examples of how the lessons in the book were used and applied to other athletes with positive results. I recently hit a mental road block in my martial arts training, and this book is helping me to achieve a winning state of mind for martial arts, work, and life.

Martial artists, great warriors, coaches, generals, and successful corporate CEOs have all effectively used the strategies for winning found in Sun Tzu's Art of War. Authors Jerry Lynch and Chungliang Al Huang, using lessons from the The Art of War, as well as other ancient Taoist books such as the I Ching and Tao Te Ching, teach readers to develop the capacities and qualities that make a champion-such as high self-esteem, courage, fortitude, determination, perseverance, tenacity, self-awareness, integrity, the ability to take risks, and the ability to learn from failure. The emphasis on self-awareness, tactical positioning, and strategic advantage means that practitioners win through inner growth and self-improvement-giving them a universal competitive edge.

"In his book, The Way of the Champion, Jerry Lynch is right on target. he presents specific, practical lessons for mental toughness, leadership and winning as a champion, not only in sports but for the bigger game of life as well." mdash;Coach Dean Smith, University of North Carolina men's basketball, National Champions"I count Jerry Lynch as a friend who has given me encouragement and informative to make a difference in helping myself and athletes reach their potential." mdash;Phil Jackson, coach of three time World Champion Los Angeles Lakers"We believe in Dr. Lynch's approach in this book. It is brilliant in its simplicity and rich in content. The principles in this book have definitely helped us to win five national championships." mdash;Coach Bob Hansen, University of California, Santa Cruz"Jerry's wisdom has helped me to discover who I am and what I can be. I highly recommended his work." mdash;Danny Ferry, former Pro Basketball champion with San Antonio Spurs and now General Manager of Cleveland Cavaliers"Dr. Lynch has helped guide us through seven consecutive national championships. The concepts and lessons in this book have helped us perform in such a way as to realize our highest potential." mdash;Cindy Timchal, coach of University of Maryland's women's championship lacrosse teamAbout the AuthorJerry Lynch, Ph.D. and Chungliang Al Huang are the authors of several books, including Thinking Body, Dancing Mind. They have published extensively on the relationship of the Tao to performance.