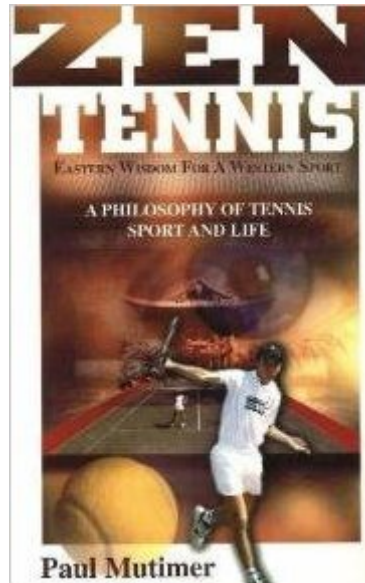




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Zen Tennis: Eastern Wisdom For Western Sport



Synopsis

A motivational book, aimed primarily at tennis enthusiasts, but with other benefits for any sport, business practice and life.

Book Information

Paperback: 163 pages

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Customer Reviews

Thought the price of this book was a bit steep. It was gift and I didn't read it so I can't quite comment on the content.

Accessible introduction for bringing Eastern philosophy into sport. Playing in the zone, Yin and Yang, mind, body, belief. Written by a tennis player who was sidelined due to injury, found Zen, played better, and became a coach.

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