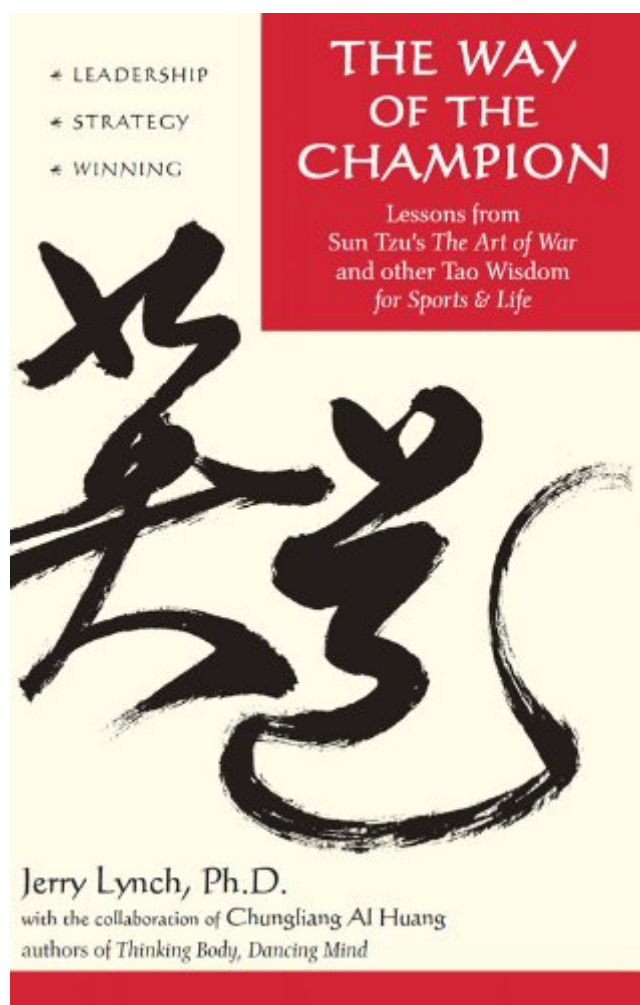


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# Way Of The Champion: Lessons From Sun Tzu's The Art Of War And Other Tao Wisdom For Sports & Life



## Synopsis

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.

## Book Information

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## Customer Reviews

Brilliant, 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!

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.

I'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.

Persistence - Heart - Passion & Love! are the ingredients to become a Champion! The Way of the Champion covers all aspects and for those wishing to improve their "lot in life" can learn a lot by reading and absorbing this great book. When I started it I could not put it down, which is unusual for me as my normal reading pattern is to read a couple of chapters a day! Well written by people who have "been there and done that"!

Fantastic read. Hits precisely on how to be present in sport and perform your best.

Fascinating book! I coach younger kids now, but this book will become even more powerful/applicable for me as my kids get older.

This book has a lot of simple concepts and quick phrases / questions that can be used with youth teams to help them develop mental toughness and perspective as to how to improve themselves. As a youth coach, I found these concepts easy to adapt and apply in quick, three minute sessions before and after each practice.

The best

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