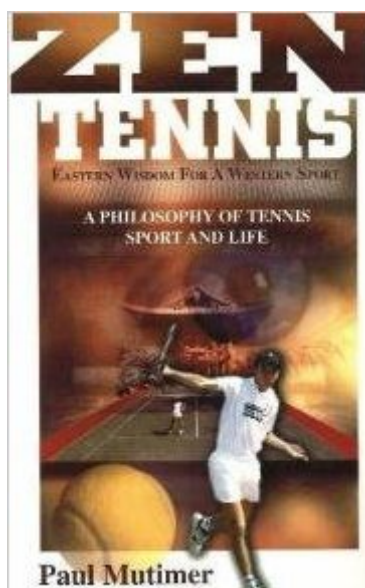


The book was found

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

Publisher: Harpercollins (April 1997)

Language: English

ISBN-10: 0732257263

ISBN-13: 978-0732257262

Product Dimensions: 0.5 x 5.5 x 8.5 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 3.7 out of 5 stars 2 customer reviews

Best Sellers Rank: #608,130 in Books (See Top 100 in Books) #187 in Books > Sports & Outdoors > Individual Sports > Tennis #223 in Books > Sports & Outdoors > Racket Sports #523 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy

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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