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Thinking Body, Dancing Mind: Taosports for Extraordinary Performance in Athletics, Business, and Life

By Chungliang Al Huang



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Written by a sports psychologist and a renowned T'ai Chi master, here is a guide to enriching all of life's pursuits through the practice of its simple mental tools and wisdom. Using stories of success from athletes and businesspeople, the authors present techniques and exercises to promote relaxation and enhance performance.



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Editorial Review

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From Library Journal

Taosports embodies an Eastern philosophical and religious approach to optimizing experiences. According to the authors, "thinking body, dancing mind means that you have within you all that you need to be and to do anything you wish." The authors provide many exercises for the best utilization of this process. The tools include visualization, focusing, and centering. Examples of how athletes and others have benefited by incorporating elements of Taosports are included throughout. Other books by Huang include Embrace Tiger, Return to Mountain (Celestial Arts Pr., 1990) and Quantum Soup (Celestial Arts Pr., 1988). This self-improvement guide gives a taste of Tao but should not be considered an introduction to that subject. Buy for demand.

- J. Sara Paulk, *Concord P.L., N.H.*

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