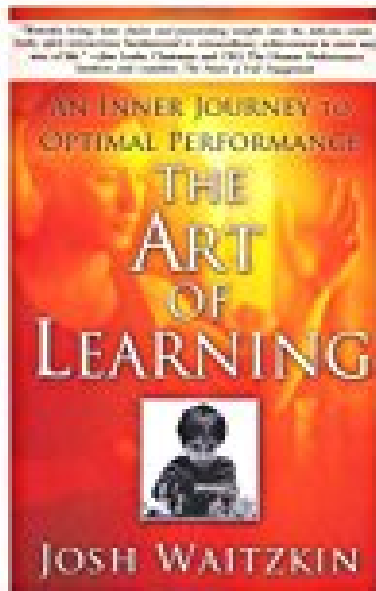


The Art of Learning An Inner Journey to Optimal Performance



BOOK DETAILS

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BOOK SYNOPSIS

An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

THE ART OF LEARNING AN INNER JOURNEY TO OPTIMAL PERFORMANCE

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