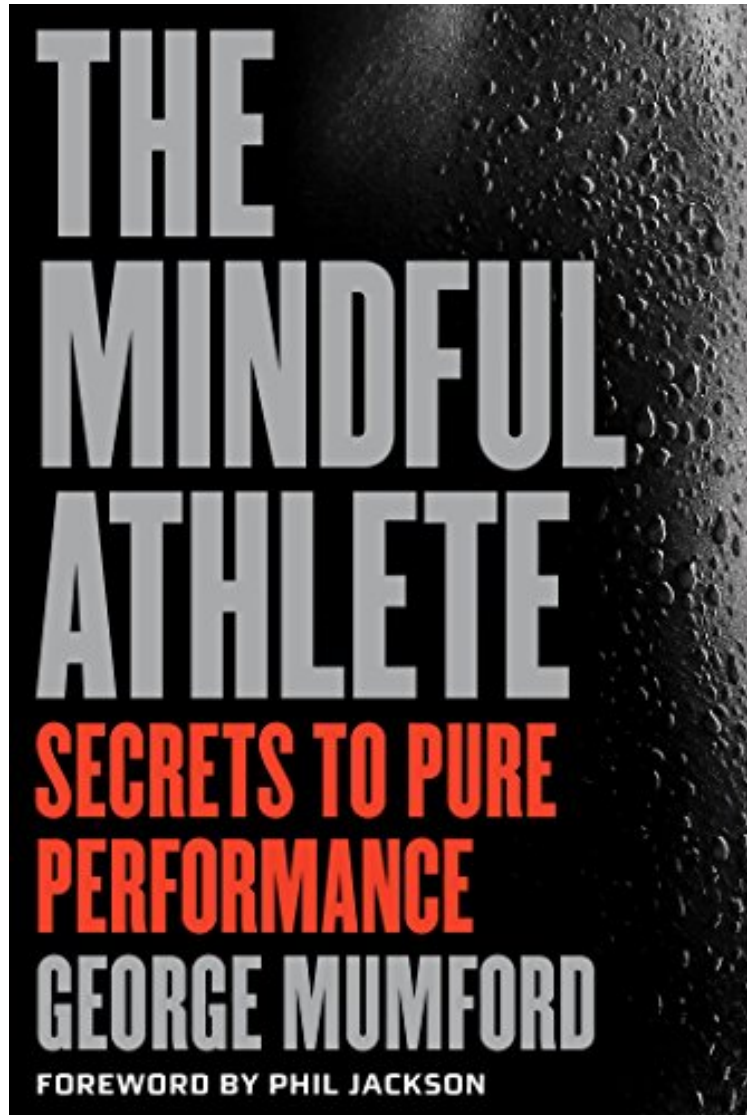


[Get free] The Mindful Athlete: Secrets to Pure Performance

The Mindful Athlete: Secrets to Pure Performance

George Mumford, Phil Jackson

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George Mumford, Phil Jackson : The Mindful Athlete: Secrets to Pure Performance before purchasing it in order to gage whether or not it would be worth my time, and all praised The Mindful Athlete: Secrets to Pure Performance:

1 of 1 people found the following review helpful. The most profound impact I've had from a book!By Mike M.I am an athlete and a self improvement enthusiast. I have applied Mumfords lesson in my sports, my career, and in my life. I would reread this book again and again. The book offers great tools to use before, during, and after the heat of a battle. I am so grateful to have read this book!1 of 1 people found the following review helpful. It is a very good book for the beginner on her/his "mindfulness" journeyBy K. TruaxIt is a very good book for the beginner on her/his "mindfulness"

journey. Also, the books Mumford references are good books to read; thus, reading it connects you to other resources. Overall, I loved reading it. It's easy to read, but gives you a lot to think about. 1 of 1 people found the following review helpful. Excellent By dyan flemming Wonderful book with a lot of practical tools for creating a more mindful life. I'm not a serious athlete by any means, but the wisdom and experience of this book can be applied to any experience in life.

Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. Mumford's deeply moving personal story is unforgettable. A basketball player at the University of Massachusetts (where he roomed with Dr. J, Julius Erving), injuries forced Mumford out of the game he loved. The meds that relieved the pain of his injuries also numbed him to the emptiness he felt without the game and eventually led him to heroin. After years as a functioning addict, Mumford enrolled in Dr. Jon Kabat-Zinn's Mindfulness Based Stress Reduction program, and made meditation, on and off the cushion, the center of his life. He kicked drugs, earned a master's degree in counseling psychology and began teaching meditation to inmates and others. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson. "Self-consciousness is when you're focused on how you're doing instead of what you're doing. We have to learn how to push and challenge ourselves, but not in an insensitive way. Honing your performance really comes down to being comfortable with being uncomfortable." —George Mumford

"George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be." —Kobe Bryant, 5-time NBA champion, Los Angeles Lakers "George has 'Mumfied' the teams I've coached over the past 20 years. He has a style of mindfulness that goes beyond 'just sitting/breathing' to focusing while in action. For anyone needing to perform at the highest level, this book is for you." —Phil Jackson, 13-time NBA champion, President of the New York Knicks "The one thing that Shaquille O'Neal and Kobe Bryant could agree upon was that George Mumford was their secret weapon, the trusted advisor who brought clarity to their competitive minds. I know this because they told me personally. Mumford's *The Mindful Athlete* brings to the reader the special insight that the world's greatest athletes—from Michael Jordan to Scottie Pippen, from Shaq to Kobe—came to treasure. I, too, agree with them. Listening to George Mumford made me a better writer, a better thinker. Mumford has a gift, and now, he's sharing it in this special book. It's a treasure." —Roland Lazenby, Michael Jordan, *The Life* "George Mumford's insight into mindful performance has helped many world-class athletes reach their true and full potential. This engaging book will help you to lower your stress level and raise the bar in your own game and life." —Jim Afremow, PhD, *The Champion's Mind* "Full of wisdom and heart, both a moving story and powerful practices from a very fine teacher. George Mumford shows how to find freedom in a game fully played and a life well lived." —Jack Kornfield, *A Path with Heart* "George Mumford has written a fantastic book—inspiring, funny, and insightful. I'm amongst the people who have urged George for years to write a book, and I couldn't be happier for him, and all of us who get to read it and reread it. Qualities like mindfulness, concentration, trust and the forging of a team spirit really come alive." —Sharon Salzberg, *Real Happiness and Real Happiness at Work* "George steadily kept me mentally ready for games; building my self-confidence and keeping me calm and relaxed via self-talk exercises and weekly meetings" —Reggie Jackson, point guard for the Detroit Pistons "Proper mental preparation can be the difference between average and good or very good and great. George is able to help make that difference." —Al Skinner, Jr., former coach of Boston College Eagles basketball, 1997-2010 "Working with George in my college years was a turning point in my career as an athlete and in my life. Our many discussions, his advice, and his support helped me become confident in myself. Because of him, I am the player and person that I am today." —Laura Georges, France women's international soccer team "George's 'wisdom on being a mindful athlete stems from the core of who and what mindfulness looks like in its greatest form. *The Mindful Athlete* will change what it means to be an athlete forever!" —Steven Hailey, former point guard for the Boston College

Eagles"George has been able to help me think about the sport of basketball from a different perspective. He has shown me everything isn't physical; a lot of it is mental, including self-talk. Being able to use self-talk as a self- motivation aid is something I put into practice everyday."—Wayne Selden, Kansas University sophomore and NBA prospect"George has helped me realize the mental side of athletics is just as, if not more important, than the physical aspect of the game. By focusing on the mental aspect of the game, it will help improve my physical result."—Zach Auguste, Notre Dame Junior and NBA prospect"Understanding why I was doing something, how to achieve that goal, and approaching the task from a clear, stable mental, emotional, and physical standpoint is what George helped me to achieve. This provided purity in the process, whether outcomes are good or bad, and enabled me to accept the outcomes knowing that I put my mind, body, and soul into achieving my goal."—Kyle Casey, former co-captain of Harvard Crimson Basketball"Working with George has allowed me to develop mindfulness, of my body, and my surroundings that has not only improved my play on the field but helped me develop as a person and uncover the characteristics that I want to be and express in my life."not;Max Breiter, high school soccer player"I told George once it seems like playing goalie is all mental, he laughed and said everything is mental. Teaching me how to play the mental game, George has helped me unlock conscious performance."—Henry Donnellan, high school lacrosse player