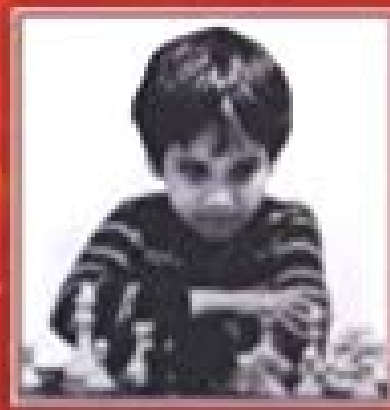


“Waitzkin brings laser clarity and penetrating insights into the delicate mind, body, spirit interactions fundamental to extraordinary achievement in most any area of life.” —Jim Loehr, Chairman and CEO, The Human Performance Institute, and coauthor, *The Power of Full Engagement*

AN INNER JOURNEY TO
OPTIMAL PERFORMANCE

THE
ART
OF
LEARNING



JOSH WAITZKIN

Josh Waitzkin

The Art of Learning: An Inner Journey to Optimal Performance



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In his riveting new book, *The Art of Learning*, Josh Waitzkin tells his amazing story of personal achievement and shares the concepts of learning and performance which have propelled him to the top—twice. Josh Waitzkin knows what it means to be at the top of his video game.” Through his personal example, Waitzkin explains how to embrace defeat and make errors work for you. After dominating the scholastic chess world for ten years, Waitzkin extended his horizons, taking on the style Tai Chi Chuan and eventually earning the name of Globe Champion. How was he in a position to reach the pinnacle of two disciplines that on the surface seem so different? “We’ve arrive to understand that what I am best at is not Tai Chi, and it is not chess,” In stories which range from his early years dealing with chess hustlers as a seven season old in New York Town’ He illustrates the exact routines that he provides used in all of his competitions, whether mental or physical, so you too can achieve your peak performance area in virtually any competitive or professional circumstance. What I am best at is the art of learning. A general public number since winning his initial National Chess Championship at the age of nine, Waitzkin was catapulted right into a mass media whirlwind as an adolescent when his father’s life lessons in a page-turning narrative. Will your opponent cause you to angry? He clarifies in clear detail what sort of well-thought-out, principled method of learning is certainly what separates success from failing. Waitzkin believes that accomplishment, actually at the championship level, is usually a function of a life style that fuels a creative, resilient growth procedure. As he explains it, obstacles aren’t obstacles but problems to get over, to spur the development process by turning weaknesses into strengths.s book *Searching for Bobby Fischer* was converted to a major motion picture.s unique trip to excellence. Waitzkin describes how exactly to channel emotions into creative fuel. Instead of focusing on climactic wins, Waitzkin reveals the inner workings of his everyday method, from systematically triggering intuitive breakthroughs, to honing techniques into states of amazing potency, to mastering the art of performance psychology. “ he says.s Washington Square Park, to coping with the pressures of experiencing a film made about his existence, to International Chess Championships in India, Hungary, and Brazil, to gripping battles against powerhouse fighters in Taiwan in the Press Hands Globe Championships, *The Art of Learning* encapsulates a fantastic competitor’ With a narrative that combines heart-stopping martial arts wars and tense chess face-offs with existence lessons that speak to most of us, *The Art of Learning* takes readers through Waitzkin’



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this is an excellent memoir/philosophical book about the author's journey from a chess .. Absolutely fantastic book. Nevertheless, Waitzkin points out the similarities between his planning for competing in tai chi as well as chess, and outlines the pitfalls he confronted early in his profession (allowing himself to become suffering from mind games, becoming quickly flustered, having problems maintaining focus) and how he remedied them. Maybe OK if you're interested in the life span of Josh W, not interesting otherwise. Though not quite what I was expecting (more of an advice reserve on approaching the training process and pursuing self-growth), that is an excellent memoir/philosophical reserve about the author's trip from a chess champion to tai chi martial arts champion, and the parallels he draws between his teaching of the two. This is a very important device for the belt of the continuous learner. But you won't discover the art of learning here. Harmful reviewers may have missed the idea. The theories in this book are useful and teachable. Amazing book from an incredible person. Great book. This first portion of the book, relating to his chess years are the more interesting, in my opinion. Very great book! I got fallen deeply in love with Josh Waitzkin's tale from the original Xbox Chessmaster video game that I found years back. Having been paired up with coaches that taught chess in a very rigid and forceful method, and not being able to deal with the stress of transformation or pressure ultimately became overwhelming to him. It was only later in his lifestyle when he required on martial arts that he was able to apply his personal theories and philosophies on learning, taking micro to macro techniques, cultivating a basis for learning instead of forcing framework. Through his experiment on self learning, he was able to take a completely new skill set, and evolve into a globe level competitor in a shockingly short amount of time. It really has the formula to consider you from mediocre to a higher level performer but end up being warned, the techniques are not an instant fix solution. I understand that everybody can benefit from this reserve and it's contents. It's about taking a expertise, breaking it right down to simple steps, then breaking down the simple actions down into micro steps (micro techniques being the foundation of the skill units) and practicing those micro steps to perfection before shifting back to the macro guidelines and so fourth where one can finally place everything together. If you are looking to develop you skills or skill in your career, a martial artist, a musician etc.. it's about breaking apart all you know, and beginning over from the foundation-up to build the techniques that will eventually assist you to evolve into a top performer. Where is the art of learning? While reading, I felt that something is incorrect with this book. Although the life of a 29-year-old chess master and Tai Chi champion is fascinating and can be inspirational for a lot of, the book hardly ever touches on the concepts and ways of learning. In case you are searching for the Art of Tai Chi and Optimal Performance, I would suggest Dan Milman's Body Mind Mastery or Ways of Peaceful Warrior, Ken Cohen's JUST HOW of Qigong, Jim Loehr's THE ENERGY of Full Engagement, Mark Cohen's Inside Zhan Zhuang, and Don Greene's Performance Success. Reading through some of the low critiques, I didn't know very well what to expect going into this book. Strongly suggested! What an amazing guy! I bought this on a friend's recommendation because I mentioned that I was starting to find out kung fu and had been carrying out qigong. When he pointed out the publication, and I saw who wrote it, I immediately bought the paperback. The idea he was making was that, despite the fact that he was a kid chess prodigy, the design of learning and teaching experienced held him back from being the most effective in his occupation. Josh's teaching design and enthusiasm for his art reminds me personally of my Sifu. On the day I got this reserve, I go through it until I fell asleep, struggling to put it down. I recommend this reserve to anyone searching for insight into individual performance and learning generally. Waitzkin. Tale of Josh Waitzkin by Josh Waitzkin for Josh Waitzkin's supporters. I was fascinated by Josh Waitzkin's encounters in chess and in Tai Chi, especially by how he utilized the lessons learned in each discipline to inform his perception and understanding in the other. I'm handing these out like popcorn to anyone I believe will love the book. Many thanks, Mr. Changed my whole perspective of development. His attentiveness to his existence experience and the fundamental understandings he draws from them are compelling. Read it in one sitting The book is actually engaging. Should have been titled "My Take on the Art of Learning" This is a really personal account on what the writer has learned his "art" and overcame his physical and mental limitations. I'm very glad that I picked up this book, since it has really inspired me. The second half of the reserve, relating to his Tai Chi years seems too much time and frankly, a bit boring. Worth reading again (and again) Usable information in a real-life interesting story format. Waitzkin, did the precise opposite, he plunged thousands of hours into what he adored body and soul. This is nonfiction, and I browse it

through in a single sitting. A catchy title, but this book is mostly about how the author went through countless amounts of international tournaments outsmarting his opponents. Serious insight in to the learning process Great book. the publication is very egocentric, repetitive and poorly written. But I've learned something - don't trust Amazon reviews :) More concerned with impressing the reader than with teaching This is like those teachers who mostly want to impress you with their stories of prowess, with a tidbit thrown in here and there. One lesson that isn't in this book is how to not really believe your personal P. Josh does a beautiful job elaborating on the intricacy of understanding with each passing opportunity. Those people who are supporters of books such as Malcolm Gladwell's "Outliers" will appreciate this book compiled by an undeniable outlier not only in one field, however in two seemingly unrelated ones. I'm not sure if the name was poorly chosen or what. It really is inspiring to read, but those looking for an suggestions book will find the tips buried deeply in metaphor. Almost all of the book is about Josh's preferred person, Josh W. Go listen to his interview with Tim Ferriss if you want to hear a little more of him. I'm uncertain I've read another publication with this number of cliché phrases. And do not get me started on push hands, good grief who in their right mind is impressed by push hands? Great read! What folks are lacking is that Josh is not bragging about the particular level he achieved in chess. Brilliantly written This book can be an incredible recall and overall interpretation of how exactly to achieve lofty goals. R. Take time to absorb this reserve. Choprah's personal serving sales pitch in the trunk cover, "do less and accomplish more" makes zero sense. It was interesting to read about his trip unfold as he matured into a grown-up and began pursuing fighting techniques, and how the calm, focused demeanor he created helped him recognize how to learn and grow more efficiently. Fantastic. Essential.. Personally, I hope to make active usage of his insights in my own life. It's a hardcore read and there isn't much right here that's useful. Some individuals felt that it had been too much of an autobiographical reserve, bragging about his accomplishments in chess and martial arts with little to do with actual methods on learning. After that I've noticed that almost every sentence is filled with "I" "me" "my" "myself" etc. Serious insight in to the learning process.



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