



The Way of Baseball: Finding Stillness at 95 MPH (Paperback)

By Shawn Green

SIMON SCHUSTER, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Two-time All Star Shawn Green shows how the surprising lessons the game has taught him transcend baseball and compose a life well lived. Shawn Green s career statistics can be found on the backs of baseball cards in shoeboxes across America: 328 home runs, 1,071 RBIs, .282 career batting average, All-Star, Gold Glove, Silver Slugger.but numbers tell only part of the story. In the tradition of Phil Jackson s Sacred Hoops, Shawn Green illustrates the spiritual practices that guided his career and enabled him to bring stillness into the flow of life. In The Way of Baseball, he shares the secrets to remaining focused both on and off the field, shedding light on a signature approach to living by using his remarkable baseball experiences to exemplify how one can find full awareness, presence, and, ultimately, fulfillment in any endeavor.



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