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## The Art of Learning An Inner Journey to Optimal Performance

By Josh Waitzkin

Free Press. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.4in. x 5.5in. x 0.8in. Josh Waitzkin knows what it means to be at the top of his game. A public figure since winning his first National Chess Championship at the age of nine, Waitzkin was catapulted into a media whirlwind as a teenager when his father's book *Searching for Bobby Fischer* was made into a major motion picture. After dominating the scholastic chess world for ten years, Waitzkin expanded his horizons, taking on the martial art Tai Chi Chuan and ultimately earning the title of World Champion. How was he able to reach the pinnacle of two disciplines that on the surface seem so different? I've come to realize that what I am best at is not Tai Chi, and it is not chess, he says. What I am best at is the art of learning. In his riveting new book, *The Art of Learning*, Waitzkin tells his remarkable story of personal achievement and shares the principles of learning and performance that have propelled him to the top -- twice. With a narrative that combines heart-stopping martial arts wars and tense chess face-offs with life lessons that speak to all...

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