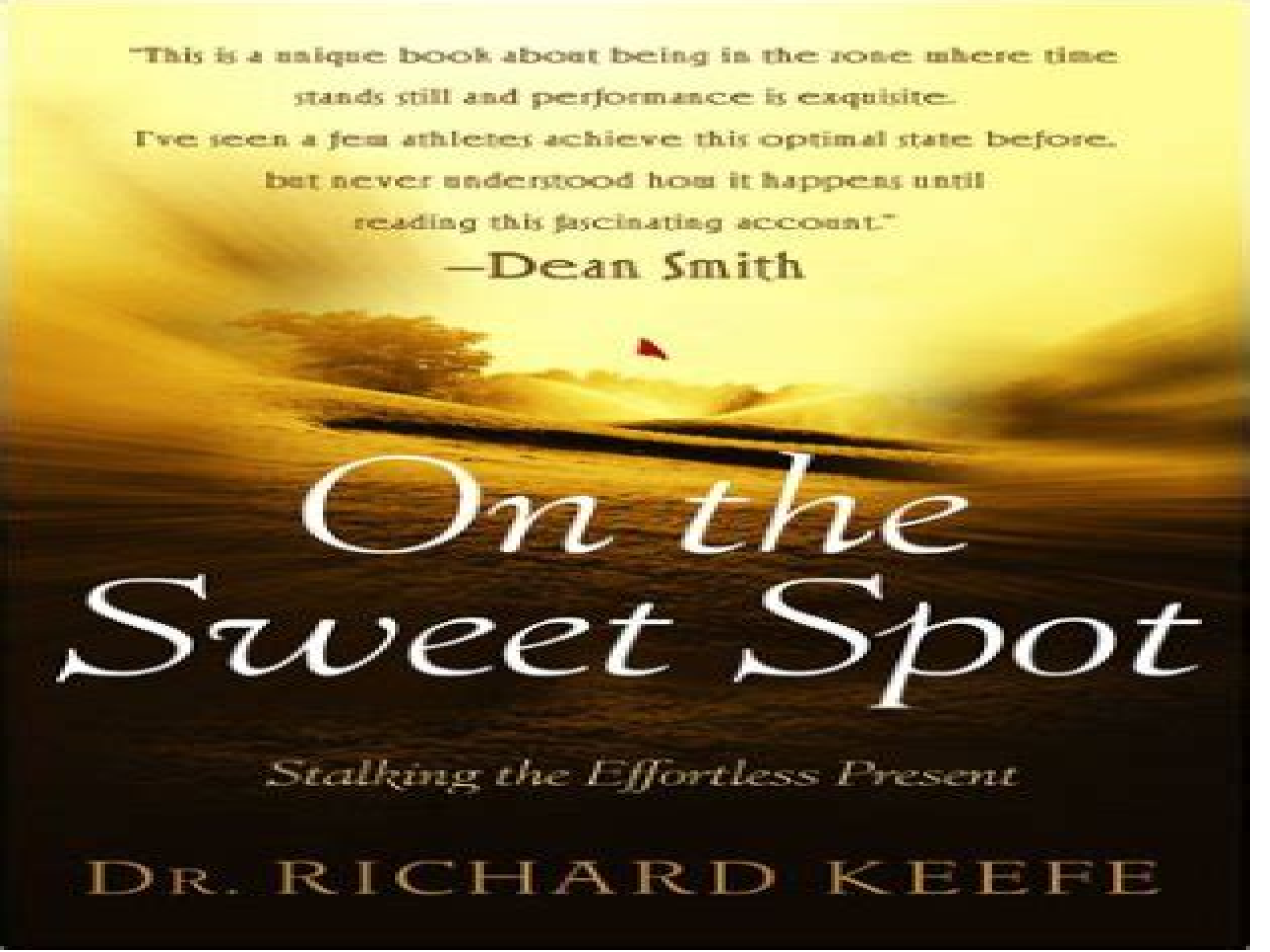




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On the Sweet Spot

Stalking the Effortless Present

DR. RICHARD KEEFE

On The Sweet Spot Stalking The Effortless Present

Aidan Moran, John Toner



On The Sweet Spot Stalking The Effortless Present:

On the Sweet Spot Richard Keefe, 2007-11-01 Like most moments of spiritual revelation this one took place on a landfill in New Jersey A young man is standing at an unprepossessing driving range hitting balls toward a distant fence when something unusual takes place As he begins his swing he has the sensation that his club is drawing itself back on its own when it is ready it starts downward makes perfect contact and the ball soars off in the right to left arc he d imagined hitting the exact fencepost he d been aiming at from 250 yards away He steps back and wonders if he can do it again He feels like an observer as the swing begins itself and resolves itself after perfect contact with the waiting ball which again smacks against the distant post He has for however brief a time entered the zone Everyone who plays a sport knows that fleeting ineffable sensation of everything falling into place The pitched baseball looks as big as a grapefruit the basket looks as wide as a trash can the players around you are moving in slow motion But as Richard Keefe the director of the sport psychology program at Duke University looked deeper into the nature of his experience he found profound links to the spirit the brain perhaps even the soul Keefe recognized that the feeling golfers and other athletes have of being in the zone is basically the same as a meditative state And as a researcher with experience in brain chemistry he went one step further If we can figure out what s happening in the brain at such times he reasons we can learn how to get into that zone instead of just waiting for it to happen This is the Holy Grail of sport psychology teaching the mind to get out of the way so the body can do the things it s capable of doing Keefe calls it the effortless present when the body is acting of its own accord while the brain has little to do but watch All religions describe some kind of heightened awareness in their disciplines Keefe explores whether such mystical experience is a fundamental aspect of our evolution an integral part of what makes us human and keeps us from despair And he brings the discussion back to the applications of such knowledge reflecting on our ability to use these alternate planes to achieve better relationships better lives better moments Keefe s true subject is extraordinary experience being in the zone in the realm of effortless action On the Sweet Spot builds from the physical and neurological to the mystical and philosophical then adds a crucial layer of the practical how we can capture or recapture these wondrous states It is a work in the proud tradition of The Sweet Spot in Time Flow The Psychology of Optimal Experience and How the Mind Works

Mindfulness A to Z Arnie Kozak, 2015-09-22 A sweeping field guide to the practice of mindfulness From Acceptance to Zafu Mindfulness A to Z offers a wealth of inspirational advice and practical instruction on how to bring mindfulness fully into your life In each entry Dr Kozak combines his personal insights and expert guidance on all aspects of mindfulness meditation Mindfulness A to Z presents a multifaceted look at living mindfully in our hectic world whether dealing with internal conflict such as fear of missing out technical problems such as how to meditate comfortably or everyday joys such as finding your smile Whether you devour the whole book in one sitting or read an entry a day Mindfulness A to Z will be a great resource for building better practices in your daily life

A Critical Introduction to Sport Psychology Aidan Moran, John

Toner,2017-02-24 The new third edition of A Critical Introduction to Sport Psychology is the only textbook in the field that provides a detailed overview of key theories concepts and findings within the discipline of sport psychology as well as a critical perspective that examines and challenges these core foundations Fully revised and updated the new edition covers key research findings affecting both participation and performance in sport including topics such as motivation anxiety emotional coping concentration mental imagery expertise and team cohesion In addition the book includes a range of helpful features that bring the science to life including critical thinking exercises suggestions for student projects and new In the spotlight boxes that highlight key advances in theory or practice A comprehensive glossary is also included whilst a final chapter examines some new horizons in sport psychology including embodied cognition and socio cultural perspectives Sport is played with the body but often won in the mind that is the theory A Critical Introduction to Sport Psychology is the definitive textbook for anyone wishing to engage critically with this fascinating idea *Sport and Exercise Psychology* Aidan Moran,2004-08-02 Aidan Moran provides the first textbook to combine an explanation of the theoretical foundations of sport and exercise psychology with critical reviews of contemporary research and practical suggestions for relevant independent research projects **Sport and Exercise Psychology** Aidan P. Moran,2004 The first textbook to combine an explanation of the theoretical foundations of sport psychology critical reviews of contemporary research and practical suggestions for relevant independent research projects The Feeling of Greatness Tim O'Connor,2017-06-13 From the award winning journalist and coach a biography of the Rain Man of golf It s a character drama It s an underdog story Barry Morrow Academy Award winning screenwriter Documentary now in production In The Feeling of Greatness second edition golf coach Tim O Connor updates his previous biography of the late great Canadian golfer Moe Norman who was famous for introducing the single plane golf swing This edition includes new anecdotes about Moe both on and off the course by golfers journalists friends and family and offers a more in depth portrait of the man and golfer especially in the last years of his life O Connor shares with readers his personal and professional friendships with Moe along the way Some twenty years later from a distanced perspective O Connor sets the record straight about Norman promotes his legacy as the legendary golfer he was and reflects on life lessons learned from their association over the years Praise for Moe Norman and The Feeling of Greatness Only two players have ever owned their swings Moe Norman and Ben Hogan Tiger Woods Well written and meticulously researched James McCarten PGATour.com Tim O Connor has helped us better understand one of golf s most intriguing and disturbing members Hal Quinn The Financial Post **The Strategic Project Leader** Jack Ferraro,2007-10-11 In addition to overseeing projects managers are expected to provide creative input and foster an environment that can respond rather than react to changing parameters and fluctuating objectives Facilitating the development of the skills required to do so The Strategic Project Leader Mastering Service Based Project Lea **Princeton Alumni Weekly** ,2002 Psicología del deporte Aidan Moran,John Toner,2017-01-01 Hard Optimism Price

Pritchett,2006-12-19 For more than 30 years the author has shaped management perspectives around the globe This work offers the comprehensive overview of his methodology examining how the thoughts feelings and attitudes of an organization and its people determine both day to day performance and future growth Directory of Graduate Programs in Applied Sport Psychology Michael L. Sachs, Kevin L. Burke, 2007 The eighth edition of the Directory of Graduate Programs in Applied Sport Psychology once again offers a wealth of information about graduate programs and career opportunities internationally Over the years the Directory has become the indispensable resource for exploring sport psychology graduate programs In addition to over 100 masters and doctoral degree programs in the United States Canada Australia Great Britain and South Africa the Directory presents information about internships and career opportunities details online courses and common research tools in the field delineates the requirements for certification and licensure and discusses ethical issues and concerns in sport psychology Perhaps most useful are the contact names numbers and email addresses for programs and individuals around the world This is the ideal resource for individuals interested in pursuing graduate study and a career in sport or exercise psychology **The North Carolina Historical Review** ,2004 Library Journal ,2003 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately *Lipstick, Lies & Emergency Exits* Fran Preston, Some dates are magical Others involve false advertising fake charm and a slow realisation that you re trapped in a conversation about cryptocurrency with a man who just called his ex crazy for the third time Lipstick Lies Emergency Exits is Fran Preston s hilarious heartfelt guide to escaping the dates that go from awkward to apocalyptic From spotting the early warning signs to perfecting the art of the polite but firm exit or when required the full blown toilet window escape plan Fran s got your back when things go very wrong very fast Packed with real life horror stories survival tips and permission to absolutely leave when you feel like it this book is for anyone who s ever reapplied their lipstick in a pub toilet while whispering never again Because not every date deserves a second drink Or even the end of the first one The Advocate ,2004-09-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *New York Magazine* ,1994-09-12 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1992-09-14 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of

the city itself while celebrating New York as both a place and an idea **The Advocate** ,2004-01-20 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States Working Mother ,2002-10 The magazine that helps career moms balance their personal and professional lives *The New Yorker* Harold Wallace Ross,Katharine Sergeant Angell White,1975

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