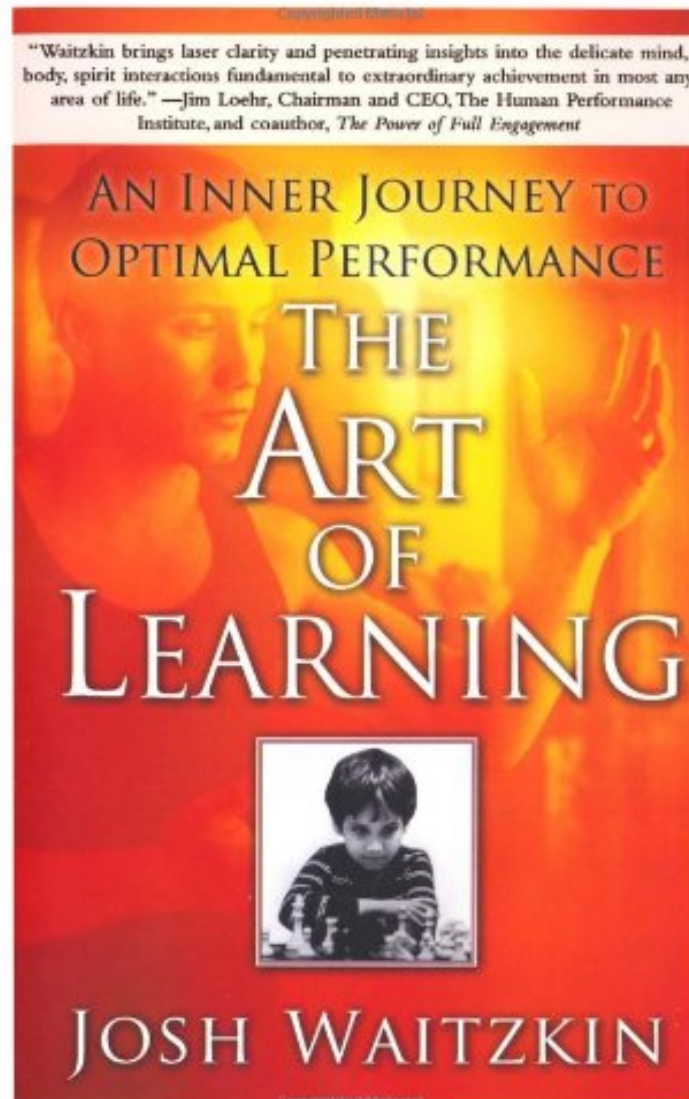


(Read free) The Art of Learning: An Inner Journey to Optimal Performance

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

Josh Waitzkin

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**Josh Waitzkin : The Art of Learning: An Inner Journey to Optimal Performance** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Art of Learning: An Inner Journey to Optimal Performance:

4 of 5 people found the following review helpful. Interesting If You're a FanBy Chad LottIf you're into chess, Waitzkin's writing on that is phenomenal. If you're into martial arts (BJJ specifically) his work with Marcelo Garcia's online academy is pure genius. I found this attempt to develop an abstract/universal learning method to be a little

flat. The gist of it is "get obsessed and work super hard drilling things." That's certainly great advice, but I was looking for a bit more of a universal learning hack. A really tremendous resource for that is Tim Ferris' Four Hour Chef. It was more of the "how to learn faster" guide I was looking for. That said, if you want a bit of a cerebral sports story that'll inspire you to get in those reps, give it a try. 0 of 0 people found the following review helpful. This is a really good book. The most valuable thing I took away ...By Bill Fisher This is a really good book. The most valuable thing I took away is that if you want to be the best at something, or even just improve, you can't let any excuse stop you. Josh's retelling of his final martial arts world championship is really motivating. He had plenty of good reasons to throw in the towel and give up, and nobody would have blamed him, but he upped his game and ended as the champion. Not a lot of actionable steps, but the most valuable lesson is that any obstacle is a chance for you to improve, and even if things aren't fair, it's up to you to overcome it if you want to come out top. 0 of 0 people found the following review helpful. Great book! By WombatNinja The market is flooded with self-help books that simply dump principles without really telling a story. Josh combines his personal experience to illustrate his arguments which makes me really understand and remember vividly. Plus, he is a black belt under Marcelo and I watched him them sparring before. you really can't go wrong with that if you every watch/ practice BJJ and MG at all. Great book!

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 toptwice. 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. With a narrative that combines heart-stopping martial arts wars and tense chess face-offs with life lessons that speak to all of us, *The Art of Learning* takes readers through Waitzkin's unique journey to excellence. He explains in clear detail how a well-thought-out, principled approach to learning is what separates success from failure. Waitzkin believes that achievement, even at the championship level, is a function of a lifestyle that fuels a creative, resilient growth process. Rather than focusing on climactic wins, Waitzkin reveals the inner workings of his everyday method, from systematically triggering intuitive breakthroughs, to honing techniques into states of remarkable potency, to mastering the art of performance psychology. Through his own example, Waitzkin explains how to embrace defeat and make mistakes work for you. Does your opponent make you angry? Waitzkin describes how to channel emotions into creative fuel. As he explains it, obstacles are not obstacles but challenges to overcome, to spur the growth process by turning weaknesses into strengths. He illustrates the exact routines that he has used in all of his competitions, whether mental or physical, so that you too can achieve your peak performance zone in any competitive or professional circumstance. In stories ranging from his early years taking on chess hustlers as a seven year old in New York City's Washington Square Park, to dealing with the pressures of having a film made about his life, to International Chess Championships in India, Hungary, and Brazil, to gripping battles against powerhouse fighters in Taiwan in the Push Hands World Championships, *The Art of Learning* encapsulates an extraordinary competitor's life lessons in a page-turning narrative.

From Publishers Weekly Waitzkin's name may sound familiar back in 1993, his father wrote about Josh's early years as a chess prodigy in *Searching for Bobby Fischer*. Now 31, Waitzkin revisits that story from his own perspective and reveals how the fame that followed the movie based on his father's book became one of several obstacles to his further development as a chess master. He turned to tai chi to learn how to relax and feel comfortable in his body, but then his instructor suggested a more competitive form of the discipline called "push hands." Once again, he proved a quick study, and has earned more than a dozen championships in tournament play. Using examples from both his chess and martial arts backgrounds, Waitzkin draws out a series of principles for improving performance in any field. Chapter headings like "Making Smaller Circles" have a kung fu flair, but the themes are elaborated in a practical manner that enhances their universality. Waitzkin's engaging voice and his openness about the limitations he recognized within himself make him a welcome teacher. The concept of incremental progress through diligent practice of the fundamentals isn't new, but Waitzkin certainly gives it a fresh spin. (May 8) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. From Booklist Waitzkin, a champion in chess and martial arts, brings enthusiasm and obvious love of learning to this amazing look at what he aptly describes as the art of learning. He begins by recounting his own quirky journey. At the age of six, Waitzkin learned chess from a motley crew of street hustlers, gamblers, junkies, and artists. Since then, he has been among the highest-ranked chess players. He recounts the distractions of adolescence as well as fame after the publication of his father's book and, later, the film based on it, *Searching for Bobby Fischer*. He later discovered that chess principles could be applied to learning tai chi. In fact, he found a respect for artistry, meditation, and philosophical devotion within both chess and martial arts and realized the possibility for broader application to learning in general. Waitzkin integrates his personal experiences in mastering

chess and tai chi with research on psychology and learning techniques to offer a vibrant and engaging look at the love of learning and the pursuit of excellence. Vanessa Bush Copyright American Library Association. All rights reserved

"This is a really superb book, one I wish someone had given to me long ago. The title is accurate -- at a profound level, it's about real learning from hard conflict rather than from disinterested textbooks. It will take a ferocious interruption to make you put this book down." -- Robert Pirsig, author of *Zen and the Art of Motorcycle Maintenance*

"We all remember the portrayal of Josh Waitzkin in *Searching for Bobby Fischer*. He was a very impressive child who continues to impress with *The Art of Learning*. Through a unique set of experiences, Waitzkin has formed an original and outstanding perspective. From chess to Tai Chi, he provides tools that allow all of us to improve ourselves every day." -- Cal Ripken, Jr., 2007 Baseball Hall of Fame Inductee

"Waitzkin's in-depth look into the mental side of his success in both chess and martial arts is an inspiring and absorbing read. I strongly recommend it for anyone who lives in a world of competition, whether it's sports or business or anywhere else. It's also a great training tool for kids aspiring to reach the pinnacle of their chosen fields." -- Mark Messier, 6-time Stanley Cup Champion

"Josh Waitzkin's *The Art of Learning* is a testimonial to the timeless principle of 'do less and accomplish more.' Highly recommended for those who want to understand the power of consciousness." -- Deepak Chopra

"Absolutely brilliant immersion into the phenomenon of human mastery. Waitzkin brings laser clarity and penetrating insights into the delicate mind, body, spirit interactions fundamental to extraordinary achievement in most any area of life. This is a journey worth taking." -- Jim Loehr, Chairman and CEO, The Human Performance Institute, and coauthor, *The Power of Full Engagement*

"The Art of Learning succeeds on every level, combining a truly compelling auto-biography with profound philosophical and psychological insights all wrapped in a practical how-to framework. This is a must-read for anyone wishing to achieve that rare combination of success and fulfillment." -- Paul Blease, SVP, Director, Team Development Consulting, Citigroup Smith Barney