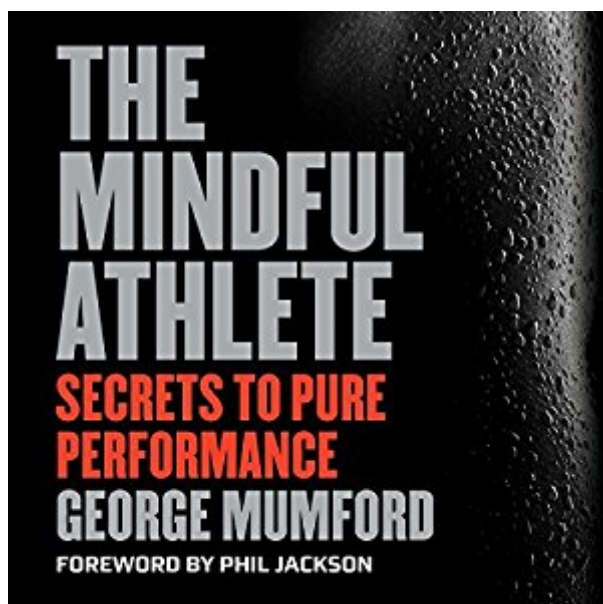


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The Mindful Athlete: Secrets To Pure Performance



Synopsis

Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. Mumford's deeply moving personal story is unforgettable. A basketball player at the University of Massachusetts (where he roomed with Dr. J, Julius Erving), injuries forced Mumford out of the game he loved. The meds that relieved the pain of his injuries also numbed him to the emptiness he felt without the game and eventually led him to heroin. After years as a functioning addict, Mumford enrolled in Dr. Jon Kabat-Zinn's Mindfulness Based Stress Reduction program, and made meditation, on and off the cushion, the center of his life. He kicked drugs, earned a master's degree in counseling psychology and began teaching meditation to inmates and others. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team - someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes.

Book Information

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Customer Reviews

George Mumford has written a must read for athletes and all of us. He discusses mindfulness as applies to sports and life as an understandable conversation with the the reader. He shares his own story and weaves the wisdom of the world's leading mindfulness teachers into a flow of aha moments that cultivate being in the moment and returning to that moment when we are distracted. There is a sense of humor in his writing and his personality leaps off of the pages. I have already bought copies for friends and I am grateful for George's gift to all of us.

Not just for athletes. This book is for anyone interested in living a better, happier and more balanced life. The combination of stories of athletes' lives and uses of mindful meditation, stories of George's life, and explanations/teachings on mindful meditation makes this one of the most interesting books to read and savor. As a relaxation and meditation teacher and published (CD) author, I have often looked for a book on mindful meditation that my students could read and understand the basics of Buddhism and mindfulness. It is not easy to find a book on this subject that the average American can read and come away with a strong basic knowledge without a degree in philosophy. This book provides anyone who can read with easy access to the experience of and a basic understanding of mindful meditation. It is not simply simplified, it is clear and useful. Plus you get great sports anecdotes. The book is also just plain fun to read. I'm telling friends it's the Zen and the Art of Motorcycle Maintenance of our time.

I am new to mindfulness and I have been investigating it for just over a year now. As an older athlete I have been in the zone before but, I was not particularly aware of what brought me to it. Recollecting when I ran track and cross-country I experienced the zone a great deal. Mr. Mumford's book describes this feeling clearly. This book is very readable and one discerns that a master teacher has written it. From my perspective I have read works by Dr. Zin and T. N. Han. This work resonates with me. I am sure that it will contribute to my practice. I recommend it Highly!

I read the book and enjoyed listening (at a book signing) about his personal journey which is quite remarkable considering he has had such a significant impact on some of the greatest athletes the

world has seen. His personal story of overcoming tremendous obstacles alone proves that rewiring the mind has possibilities for every individual. And he reminds his readers that taking personal responsibility is of utmost importance for all the relationships in one's life. Totally enjoyed the part about thriving in chaos or as he says, finding the eye of the hurricane, staying present for longer periods of time. Athletes, coaches, parents and professionals from all walks of life will learn countless lessons from Mumford's book which is grounded from a place of love, peace and other awesome timeless principles.

Mumford's book is the next best thing since Tim Gallwey's Inner Game of Tennis. He manages to weave together classic principals of mindfulness in Buddhism in a conversational and personal way. You don't have to be a professional athlete to get a ton out of this book because what Mumford describes applies just as much to life as to the sports arena. I also really liked the way Mumford described his own personal journey from poverty and addiction to personal transformation. Mumford followed his bliss and it paid off, and he inspires the reader to do the same.

This street-wise spirit-wise book is like a coach you can take with you. Mumford offers a new way of thinking about upping your game that is both practical and profound.

Very much enjoyed how the author linked mindfulness to elements of Buddhist practice. His conceptualization of mindfulness as the "Watcher" between stimulus and response was a revelation to me. I would have appreciated a bit more on mindfulness *practice*.

Well written and entertaining, especially if you are familiar with the NBA Stars from Bill Russell to Kobe Bryant and, of course, Michael Jordan. Mumford makes a convincing case but never provides any practical knowledge on how to be in the "flow". Thus, the reader is anxious for a follow-up book where the secrets truly are revealed!

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