



The Tao of Sports

Bob Mitchell

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Sports today seems all too often to be poisoned by greed, incivility, and violence. Part philosophy, part poetry, part common sense, *The Tao Of Sports* is a spiritual roadmap to self-discovery and to understanding the great paradoxes of sports, athletics, and the Game: defeat and joy, struggle and serenity, anarchy and peace, fear and confidence. Witty, passionate, and thoughtful, *The Tao Of Sports* is a Zen guide, a coaching manual, an athlete's playbook, and a very engaging, informative reading for any fan who ever rooted for a player or a team.

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