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Body Mind Mastery is a great book for athletes and Millmans approach is balanced and invigorating. He challenges the athletes training routines and mindset with a perfect blend of information and practical guidelines. Many coaches in Iceland have used this book with good outcomes as a result of my recommending it to them.

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Dan Millman is a former world champion athlete and gymnastics coach at Stanford and the University of California, Berkeley. He ' s best known for his 2006 bestseller, Way of

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the Peaceful Warrior (which was also turned into a film), but his other book, *Body Mind Mastery: Training for Sport and Life* (New World, 1999), is well worth reading, too.

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Mastery Dan Millman is a former world-champion athlete and gymnastics coach at Stanford and UC Berkeley. He 's also a really cool, wise guy. If you 've read his classic, semi-autobiographical book, *Way of the Peaceful Warrior* (that was recently made into a cool movie starring Nick Nolte as Socrates), you know how Dan brilliantly weaves Western and Eastern thought ...

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Body Mind Mastery : Dan Millman :
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