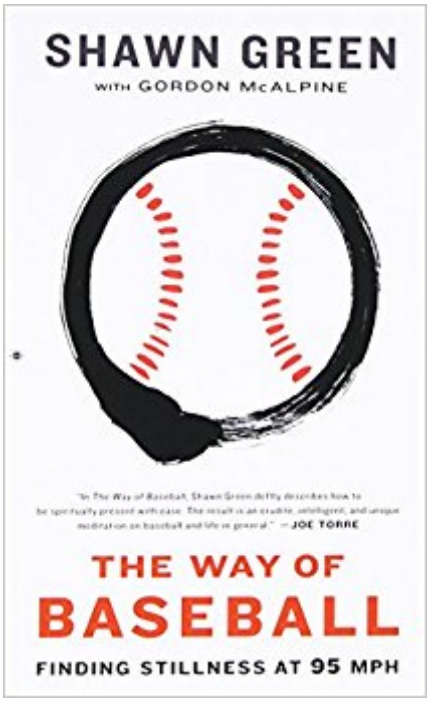
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The Way Of Baseball: Finding Stillness At 95 Mph



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Synopsis

Two-time All Star Shawn Green shows how the surprising lessons the game has taught him transcend baseball and compose a life well lived.Shawn GreenÃ¢â ¬â„¢s career statistics can be found on the backs of baseball cards in shoeboxes across America: 328 home runs, 1,071 RBIs, .282 career batting average, All-Star, Gold Glove, Silver Slugger...but numbers tell only part of the story. In the tradition of Phil JacksonÃ¢â ¬â„¢s Sacred Hoops, Shawn Green illustrates the spiritual practices that guided his career and enabled him to Ã¢â ¬Å“bring stillness into the flow of life.Ã¢â ¬Â• In The Way of Baseball, he shares the secrets to remaining focused both on and off the field, shedding light on a signature approach to living by using his remarkable baseball experiences to exemplify how one can find full awareness, presence, and, ultimately, fulfillment in any endeavor.

Book Information

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Customer Reviews

Ã¢â ¬Å“The greatest Jewish baseball player since Sandy Koufax fuses sports autobiography with Zen and the Art of Motorcycle Maintenance.Ã¢â ¬Â• Ã¢â ¬â • Kirkus Reviews Ã¢â ¬Å“A very unusual and satisfying chronicle of one manÃ¢â ¬â„¢s approach to his craft and to life.Ã¢â ¬Â• Ã¢â ¬â • BooklistÃ¢â ¬Å“Green swears that his Eastern outlook and honed calmÃ¢â ¬Â|allowed him, at his best, to feel Ã¢â ¬Å“that the pitcher was now my partner in hitting rather than my opponentÃ¢â ¬Â•; and, frankly it is difficult to argue with the man who, at his best, set the record for total bases hit in a gameÃ¢â ¬Â|Those who do not share GreenÃ¢â ¬â„¢s earnestnessÃ¢â ¬Â|may nonetheless find it fruitful to suspend their unbelief and read GreenÃ¢â ¬â„¢s slim bookÃ¢â ¬Â|for its technical discussions of hitting and its satisfying three-act

tale of early success, midcareer setback and ultimate triumph.Ã¢â ¬Â• Ã¢â ¬â •New York Times Book ReviewÃ¢â ¬Å“When it comes to writing about baseball, heÃ¢â ¬â„¢s an all-starÃ¢â ¬Â¦A thoughtful and introspective look at the game.Ã¢â ¬Â• Ã¢â ¬â • New York PostÃ¢â ¬Å“GreenÃ¢â ¬â„¢s book is a quick readÃ¢â ¬Â¦but what could be a collection of generalities is instead a detailed look inside the mind of a former All-Star.Ã¢â ¬Â• Ã¢â ¬â • The New York Times

Shawn GreenÃ¢â ¬â„¢s career in Major League Baseball spanned fifteen years with four teams. He finished in the top ten of league MVP voting three times. Visit him at ShawnGreen.com.Gordon McAlpine is the author of three acclaimed novels: Joy in Mudville, The Persistence of Memory, and Mystery Box.

excellent book

A surprisingly insightful exploration of baseball and life in general. The writing was superb and the insights were effectively woven into the story of one player’s quest to better understand himself and his sport.

Great read for anyone interested in peak performance and/or balance.

I am not a huge baseball fan but got this book after hearing shawn on a podcast. His story of taking a meditative approach to refining his craft of baseball really struck a chord with me; I really enjoyed how his outlook took him through the ups and downs of his career.

Recommended reading for anyone involved in the sport. 10% biography 90% wisdom & knowledge to incorporate into your game.

It was a great book.

Great book. Gets deep into the psych of a professional player. And it goes to show you that these players that are put on pedestal go through same problems as everyone else.

As insightful of a trip around the bases of life and sport you will ever read. Thank you Shawn for

sharing something so personal

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