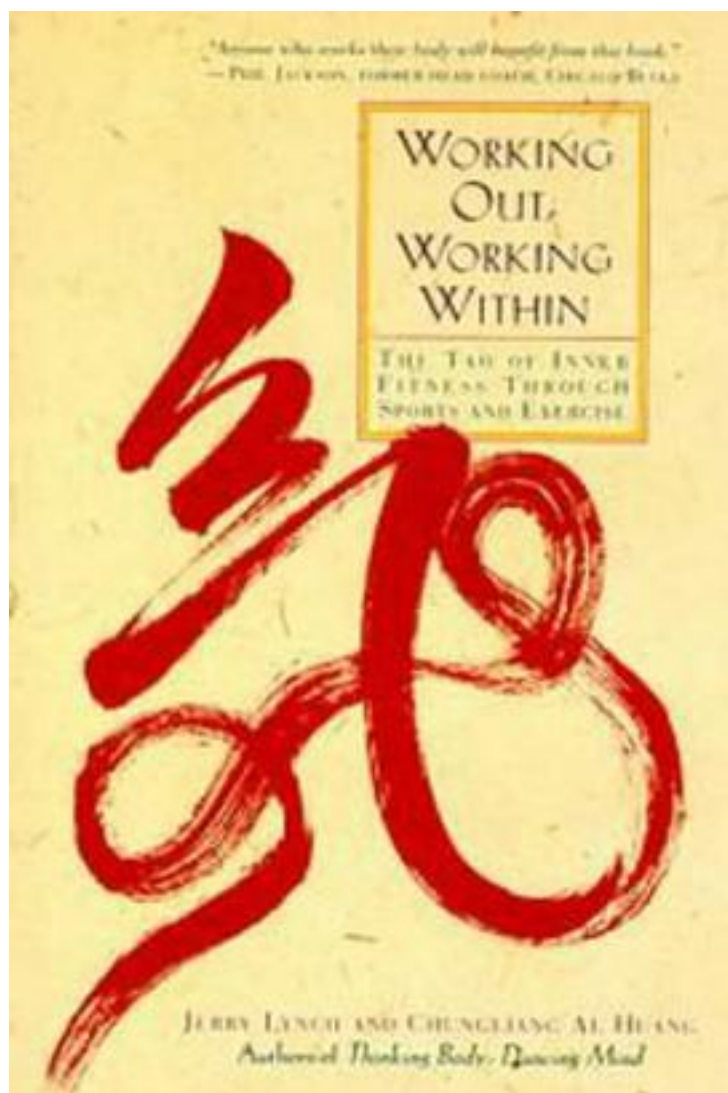


Working Out, Working Within



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著者:Lynch, Jerry

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Zen meets The Zone in this guide to combining physical fitness with spiritual awakening. During physical training, we can experience something deeper than just the burn of working out. We can achieve spiritual awareness and know that we are alive and healthy. Working Out, Working Within offers readers techniques and suggestions to avoid fixating on winning the game, scoring the goal, or building the perfect body. Instead our workouts can become tools for personal transcendence as we get to know ourselves, test our limits, gather personal strength, and build physical potency. Here's a book that will nourish and exercise the spirit while showing readers what "ultimate" sports and living really are. Index.

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