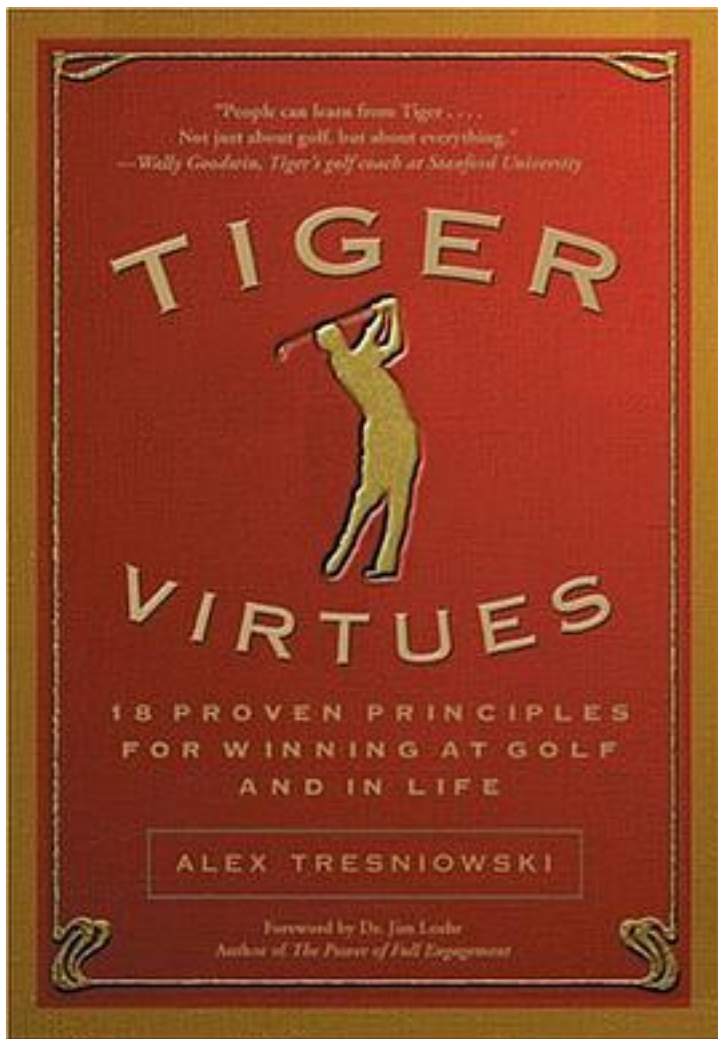


Tiger Virtues



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著者:Tresniowski, Alex

出版者:Running Pr Book Pub

出版时间:2005-4

装帧:HRD

isbn:9780762423385

Tiger Woods is the world's greatest golfer, and possibly its most recognized sportsman. In Tiger Virtues , author Alex Tresniowski defines the 18 elements-drawn from Buddhist principles-that constitute Woods' winning approach to golf, and reveals how his unprecedented mastery of the game is a metaphor for life. Preparation, positive thought, stillness, intuition, patience, and other strategies worth adopting on a larger scale are explored in Woods' attitude toward golf. His application of Buddhist principles has been well-documented, and he is known for his relentless commitment, fierce competitiveness, and uncanny ability to perform at his best under pressure. In fact, he has noted that "Golf has been good to me, but the lessons I've learned transcended the game." The text is supported by original interviews with more than 40 current golf pros and analysts, and most importantly, by the cooperation of Tiger's strongest influence, his father and manager, Earl Woods. Tiger Virtues works as both a golf coach and a life coach. It outlines each virtue, from Sureness to Adaptability, that Woods embodies in his approach to golf, and seamlessly applies them to real life.

作者介绍:

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