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The Way of the Champion: Lessons from Sun Tzu's the Art of War and Other Tao Wisdom for Sports & Life

Jerry Lynch, Chungliang Al Huang

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Martial artists, great warriors, coaches, generals, and successful corporate CEOs have all effectively used the strategies for winning found in Sun Tzu's *Art of War*.

Authors Jerry Lynch and Chungliang Al Huang, using lessons from the *The Art of War*, as well as other ancient Taoist books such as the *I Ching* and *Tao Te Ching*, teach readers to develop the capacities and qualities that make a champion-such as high self-esteem, courage, fortitude, determination, perseverance, tenacity, self-awareness, integrity, the ability to take risks, and the ability to learn from failure.

The emphasis on self-awareness, tactical positioning, and strategic advantage means that practitioners win through inner growth and self-improvement-giving them a universal competitive edge.

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