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Lessons From The Art Of Juggling: How To Achieve Your Full Potential In Business, Learning, And Life



Synopsis

A book that trains the reader in the art of relaxed concentration--the secret of high performance in business and life. Using juggling to convey its vital lessons, this empowering approach to self-development is based on current brain and learning research and balances humor and playfulness with serious purpose.

Book Information

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Customer Reviews

If you want to achieve your full potential in anything you are ever to do, whoever you are, look no further. This book helps with just that. Written in a playful tone, and with practical examples from the game of juggling, you will find all the confidence, courage and mental skills to do anything you aspire. As the book also teaches juggling, it's style will feel a bit unfamiliar to most readers, but considering how it improved my life I MUST give it a 5 star. Check out books about accelerated learning by the same authors as well.

A wonderful book. I am a very experienced juggler and found Gelb and Buzan's use of juggling as a metaphor for achieving success quite refreshing. The book is thoughtful and insightful and is readily accessible to jugglers and non-jugglers alike.

I'm disappointed to learn that this book is out of print as it is a neglected gem. I don't juggle and I have no desire to juggle BUT I teach and consult a wide range of people in a wide range of industries and settings. I'm always looking for creative ways in which to engage audiences. This book has been a reliable source of inspiration for more than a decade!! I read this book once a year

on average - just to give me a whack on the head. There are exercises that I've used to wonderful effect when teaching classes on public speaking as they get to some of the roots of fear. From their own experience as jugglers, the authors apply core mental concepts to learning how to let go of the need for perfection and both enjoy and learn from failure. Their approach deserves the accolade "fresh." This is one of my Top 25 favorite self-improvement / motivational books.

I was amazed that I could do 3 ball juggling just from reading this book...of course, it took me some time and effort. But I did not expect that a written text book could teach and coach the development of motor skills. I was also pleasantly surprised at the emphasis on relaxation techniques...which were very useful, and it felt awesome to be able to develop some techniques by reading a written text book. I always believed that motor skills can be taught more effectively using a video or with a personal coach. So I was a little skeptical about being able to learn juggling from a book, but I really wanted to see if I could actually learn juggling on my own. I have absolutely great respect for the author...for his technique of learning to learn. I even tried to teach my staff juggling using the same premise and philosophy as this book. It was great to see them realize that they can in fact learn anything...and we were juggling A4 sheets of paper (crumpled up into paper balls)!

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