



The Mindful Athlete: Secrets to Pure Performance

George Mumford

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Michael Jordan and countless other NBA stars credit George Mumford with transforming their game. A widely respected public speaker and coach, Mumford shares his story and strategies in *The Mindful Athlete*. His proven techniques transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist.

A basketball player at the University of Massachusetts (where he roomed with Dr. J, Julius Erving), injuries forced Mumford out of the game he loved. The meds that relieved the pain of his injuries also numbed him to the emptiness he felt without the game and eventually led him to heroin. After years as a functioning addict, Mumford made meditation the center of his life. He kicked drugs, earned a master's degree, and began teaching meditation to inmates and others.

Mumford went on to partner with coach Phil Jackson, a long-time mindfulness practitioner, working with him and each of the teams he coached to become NBA champions. His roster of champion clients now includes executives and Olympians. With a charismatic style that combines mindfulness with lessons from icons like Yoda and Bruce Lee, Mumford delivers an engrossing story and an invaluable resource.

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