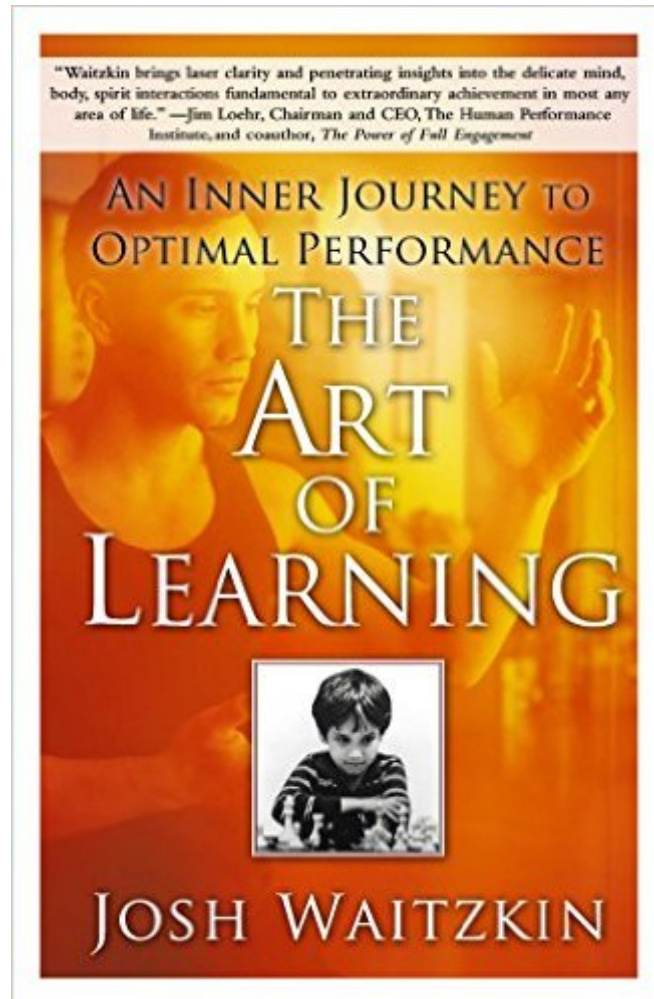


The book was found

The Art Of Learning: A Journey In The Pursuit Of Excellence



Synopsis

In his riveting new book, *The Art of Learning*, Waitzkin tells his remarkable story of personal achievement and shares the principles of learning and performance that have propelled him to the top twice. Josh Waitzkin knows what it means to be at the top of his game. A public figure since winning his first National Chess Championship at the age of nine, Waitzkin was catapulted into a media whirlwind as a teenager when his father's book *Searching for Bobby Fischer* was made into a major motion picture. After dominating the scholastic chess world for ten years, Waitzkin expanded his horizons, taking on the martial art Tai Chi Chuan and ultimately earning the title of World Champion. How was he able to reach the pinnacle of two disciplines that on the surface seem so different? "I've come to realize that what I am best at is not Tai Chi, and it is not chess," he says. "What I am best at is the art of learning." With a narrative that combines heart-stopping martial arts wars and tense chess face-offs with life lessons that speak to all of us, *The Art of Learning* takes readers through Waitzkin's unique journey to excellence. He explains in clear detail how a well-thought-out, principled approach to learning is what separates success from failure. Waitzkin believes that achievement, even at the championship level, is a function of a lifestyle that fuels a creative, resilient growth process. Rather than focusing on climactic wins, Waitzkin reveals the inner workings of his everyday method, from systematically triggering intuitive breakthroughs, to honing techniques into states of remarkable potency, to mastering the art of performance psychology. Through his own example, Waitzkin explains how to embrace defeat and make mistakes work for you. Does your opponent make you angry? Waitzkin describes how to channel emotions into creative fuel. As he explains it, obstacles are not obstacles but challenges to overcome, to spur the growth process by turning weaknesses into strengths. He illustrates the exact routines that he has used in all of his competitions, whether mental or physical, so that you too can achieve your peak performance zone in any competitive or professional circumstance. In stories ranging from his early years taking on chess hustlers as a seven year old in New York City's Washington Square Park, to dealing with the pressures of having a film made about his life, to International Chess Championships in India, Hungary, and Brazil, to gripping battles against powerhouse fighters in Taiwan in the Push Hands World Championships, *The Art of Learning* encapsulates an extraordinary competitor's life lessons in a page-turning narrative.

Book Information

File Size: 1146 KB

Print Length: 292 pages

Publisher: Free Press (May 8, 2007)

Publication Date: May 8, 2007

Sold by:Â Simon and Schuster Digital Sales Inc

Language: English

ASIN: B000QCQ970

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #17,853 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #8 inÂ Books > Humor & Entertainment > Puzzles & Games > Chess #77 inÂ Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Personal Transformation

Customer Reviews

The Art of Learning as an autobiographical story makes for good reading. However, the book introduces itself, and seems to be marketed, as a practical guide for people interested in improving their own learning skills. I question how well the majority of people will be able to make much use of the book in that way. Waitzkin's presentation and description of learning techniques is pretty vague. While I have little doubt that Josh Waitzkin is an accomplished learner, I don't think that he successfully, practically transmits what he knows about learning to the reader. It seems that he has an unusual capacity to learn, and while I don't think that that capacity is necessarily "genetic" or somehow hopelessly unavailable to those not blessed with it from birth or a very early age, I don't think that most people will improve their learning skills very much through Waitzkin's description of techniques that he may understand and be able to apply very easily, but which refer to and rely on processes and perceptions internal to him that can't, or at least aren't in this book, adequately conveyed through the written word. Though I think I may understand what "smaller circles" (one of the learning strategies Waitzkin outlines) means on some level, how to actually apply it to something I'm trying to learn is not clear to me (and the ideas behind it seem fairly cliché, like take one step at a time, you have to walk before you can run, etc.). Though it could be argued that it's scope is more limited, for a book that provides more concrete methods for improving learning and performance, I'd recommend "The Inner Game of Tennis".

The Art of Learning is not about learning. At least a couple reviewers said it ought to be retitled, "The Art of Josh." This is a pretty good idea. But a perhaps even more accurate title would be, "Some Basic Truisms about Sports Psychology." The first 50 pages of the book begin innocently enough. I was enjoying it quite a bit. Josh tells his story as a child chess-champion and national celebrity. It's a rather charming story, which is probably why they made a movie of it. Waitzkin also lays out a few introductory ideas about learning theory, namely that the idea that intelligence is fixed is a fallacy, and that anyone can learn. Wonderful theme! Worthy of a whole book! But this is the last we hear of learning theory, and the last we hear of how ordinary people are prone to underestimating their ability. It is clear that Waitzkin did almost no research into learning theory for his book. He references no more than two or three theories and studies. This really shows a great lack of effort in versing oneself in the subject matter one claims to be an expert on. Learning theory is actually a hugely active field in academia. It's been a hot topic for decades among psychologists, and studies are published just about every day in the study of learning. Then there is a whole other more theoretical field of education philosophy: what the aims of learning should be, and what are the best ways to learn and teach. Don't expect any of this kind of discussion from Waitzkin. This book was a marvelous opportunity to popularize and synthesize scholarly work in the field of learning, the conclusions of which are very uplifting in their insistence on human possibility. But Josh is more interested in mulling over himself.

[Download to continue reading...](#)

The Art of Learning: A Journey in the Pursuit of Excellence Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam Preparation) Acquiring Excellence in Pool (The Acquiring Excellence in Pool Series Book 1) Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism Feature Writing for Newspapers and Magazines: The Pursuit of Excellence (4th Edition) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) Identity, Social Activism, and the Pursuit of Higher Education: The Journey Stories of Undocumented and Unafraid Community Activists (Critical Studies of Latinos/as in the Americas) Painting Hair on Reborn Vinyl Doll Sculpts (Excellence in Reborn Artistry) Live Streaming Excellence: How to Launch a Thriving Business Streaming Live Events! Porsche: A History of Excellence Supply Chain Management Based on SAP Systems: Architecture and Planning Processes (SAP Excellence) A Taste of Excellence Cookbook: Holland America Line

(Culinary Signature Collection) Serve to Win: The 14-Day Gluten-Free Plan for Physical and Mental Excellence
Assessment for Excellence: The Philosophy and Practice of Assessment and Evaluation in Higher Education (The ACE Series on Higher Education)
Juran's Quality Handbook: The Complete Guide to Performance Excellence 6/e
Razzle Dazzle Writing: Achieving Excellence Through 50 Target Skills
Manufacturing Data Structures: Building Foundations for Excellence with Bills of Materials and Process Information
The Use of Pressure-relieving Devices (Beds, Mattresses and Overlays) for the Prevention of Pressure Ulcers in Primary and Secondary Care: Guidelines
Commissioned ... Excellence (Clinical Practice Guidelines)
Focus: The Hidden Driver of Excellence
The Flight of the Cue Ball - Aiming Pool Shots with Side Spin (The Acquiring Excellence in Pool Series Book 2)

[Dmca](#)