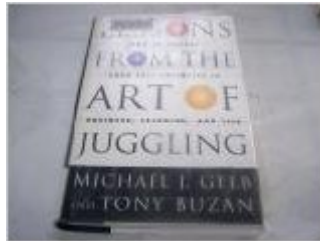


The book was found

# 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

Hardcover: 196 pages

Publisher: Harmony; 1 edition (August 16, 1994)

Language: English

ISBN-10: 0517599252

ISBN-13: 978-0517599259

Product Dimensions: 8.6 x 5.8 x 0.8 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,113,077 in Books (See Top 100 in Books) #7 in [Books > Sports & Outdoors > Individual Sports > Juggling](#) #7556 in [Books > Business & Money > Business Culture](#)

## 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)!

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

Lessons From The Art Of Juggling: How to Achieve Your Full Potential in Business, Learning, and Life Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam Preparation) Juggling: Master the Skills of Juggling With Balls, Rings and Clubs Juggling With Finesse: The Definitive Book of Juggling Juggling: All You Need to Know to Develop Amazing Juggling Skills NLP: The Ultimate NLP Guide: Simple Techniques To Increase Your Confidence, Achieve Success, & Maximize Your Potential (Neuro-Linguistic Programming) 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) The Endurance Handbook: How to Achieve Athletic Potential, Stay Healthy, and Get the Most Out of Your Body BUSINESS: Business Marketing, Innovative Process How To Startup, Grow And Build Your New Business As Beginner, Step By Step Online Guide How To Effective ... Grow And Build Business As Beginner) Home Based Business Escape Plan: How To Make \$10,000 Per Month With Your Own Part-Time, Online Lifestyle Business: Home Based Business Ideas (Home Based Business Opportunities) Common Core Achieve, Mathematics Subject Module (BASICS & ACHIEVE) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to

Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Router Magic: Jigs, Fixtures, and Tricks to Unleash Your Router's Full Potential Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential Costume Design 101 - 2nd edition: The Business and Art of Creating Costumes For Film and Television (Costume Design 101: The Business & Art of Creating) Creative Bible Lessons from the Life of Christ: 12 Ready-to-Use Bible Lessons for Your Youth Group Lessons Learned...: From A Corporate Guy Who Left His Job To Sell On Full Time (Selling on , FBA, Making Money Online, Work From Home, ... Home Based Business, Selling On eBay, eBay) Developing the Leaders Around You: How to Help Others Reach Their Full Potential Change Your Story, Change Your Life: Using Shamanic and Jungian Tools to Achieve Personal Transformation

[Dmca](#)