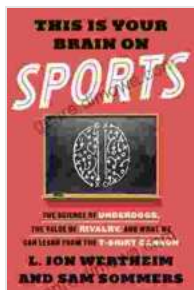


This Is Your Brain on Sports: Unleash the Power of Neuroplasticity to Enhance Performance, Overcome Challenges, and Live a More Fulfilling Life



This Is Your Brain on Sports: The Science of Underdogs, the Value of Rivalry, and What We Can Learn from the T-Shirt Cannon by L. Jon Wertheim

★★★★☆ 4.4 out of 5

Language : English
File size : 3043 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 271 pages



Are you ready to unlock the full potential of your brain and achieve your athletic goals?

In this groundbreaking book, Dr. Daniel Siegel, an internationally renowned neuroscientist and clinical psychiatrist, and Dr. David Rock, a leading expert on leadership and organizational development, team up to reveal the groundbreaking science that shows how sports can transform your brain and unleash your full potential.

This Is Your Brain on Sports is the definitive guide to understanding the neuroplasticity of the brain and how it can be harnessed to improve athletic performance, overcome challenges, and live a more fulfilling life.

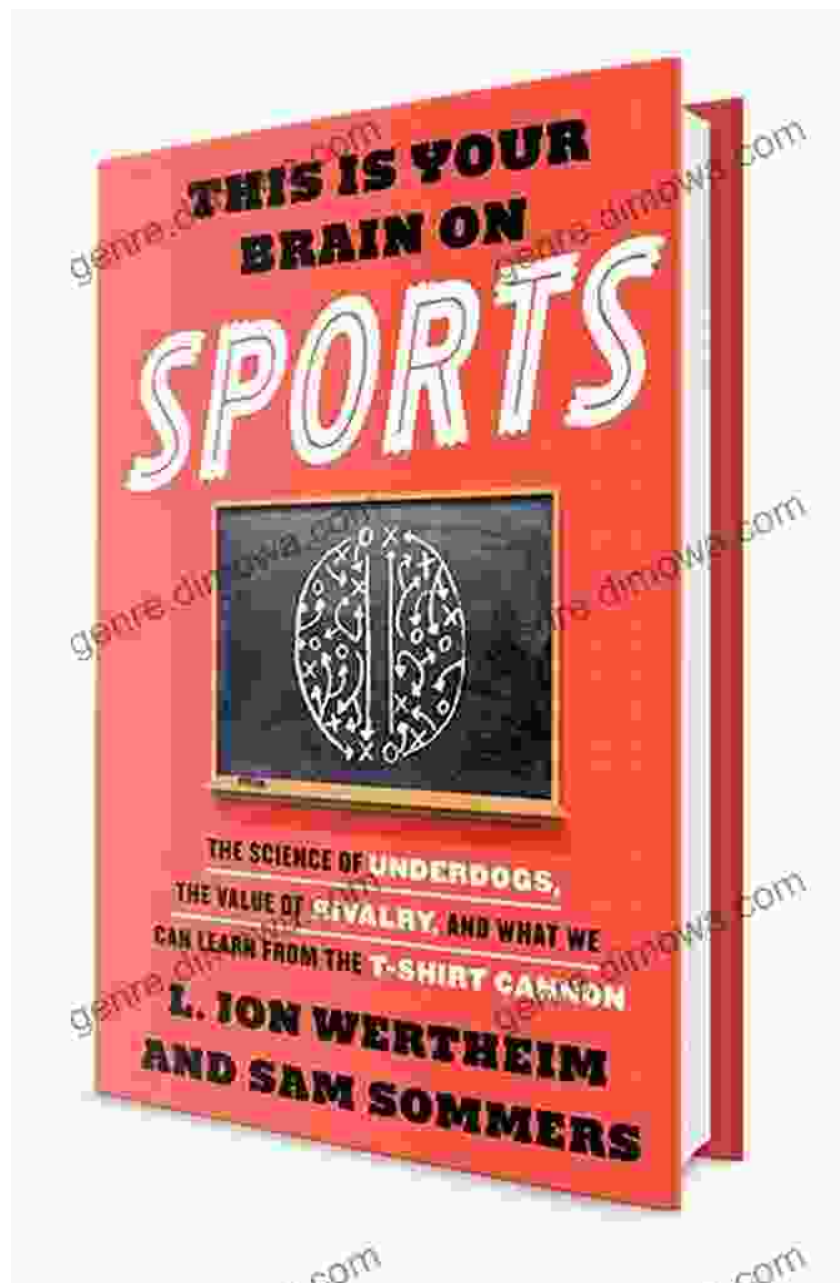
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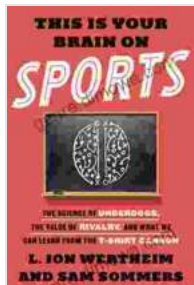
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About the Authors

Dr. Daniel Siegel is a clinical professor of psychiatry at the UCLA School of Medicine and the founding director of the Mindsight Institute. He is a New York Times bestselling author and has written more than 20 books, including *The Whole-Brain Child*, *Mindsight*, and *The Mindful Brain*.

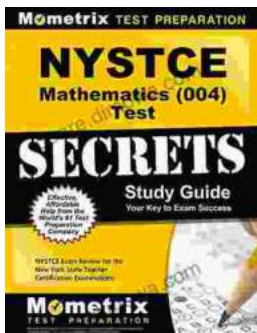
Dr. David Rock is the director of the NeuroLeadership Institute and the author of several books, including *Your Brain at Work*, *Quiet Leadership*, and *Managing with the Brain in Mind*.



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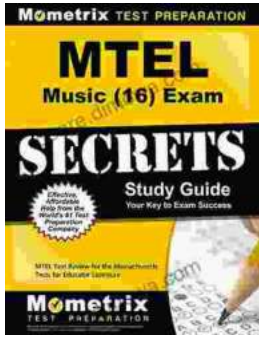
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