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101: Day 01 Body Mind

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Body Mind Mastery: Creating Success in Sport and Life was an amazing book. It gave me insight on what it takes to be an accomplished athlete. From the physical challenges and preparations to what it takes mentally and emotionally. Dan Millman is an x athlete that knows what it takes to be great at something.



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~ Dan Millman from Body Mind  
Mastery Dan Millman is a  
former world-champion  
athlete and gymnastics coach  
at Stanford and UC Berkeley.  
He's also a really cool,  
wise guy. If you've read his

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classic, semi-  
autobiographical book, Way  
of the Peaceful Warrior  
(that was recently made into  
a cool movie starring Nick  
Nolte as Socrates), you know  
how Dan brilliantly weaves  
Western and Eastern thought  
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Body Mind Mastery: Creating  
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Body Mind Mastery is a great  
book for athletes and  
Millmans approach is  
balanced and invigorating.  
He challenges the athletes  
training routines and  
mindset with a perfect blend  
of information and practical  
guidlines. Many coaches in

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Iceland have used this book with good outcomes as a result of my recommending it to them.

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Dan Millman is a former world champion athlete and gymnastics coach at Stanford and the University of California, Berkeley. He's best known for his 2006 bestseller, *Way of the Peaceful Warrior* (which was also turned into a film), but his other book, *Body Mind Mastery: Training for Sport and Life* (New World, 1999), is well worth reading, too.

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~ Dan Millman from Body Mind  
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Body Mind Mastery is a revised and updated edition of Millman's classic *The Inner Athlete* and includes a brand new Peaceful Warrior warmup, with photos and instructions on creating a daily exercise routine from Millman's principles, as well as a new section on the

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