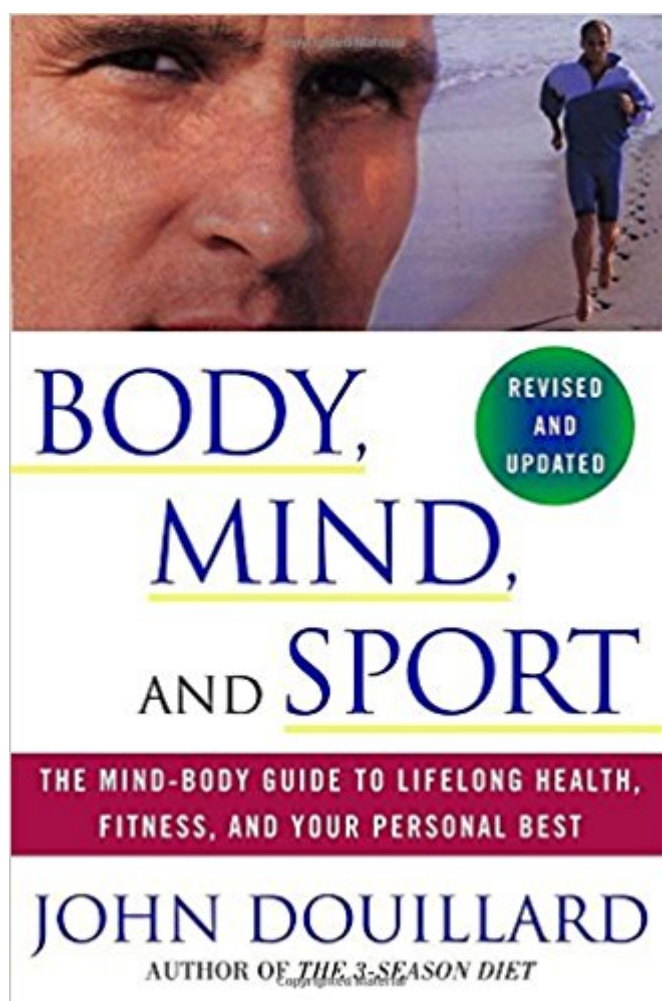


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# Body, Mind, And Sport: The Mind-Body Guide To Lifelong Health, Fitness, And Your Personal Best



## Synopsis

Until recently, the effortless "Zone" of peak performance was only within the reach of serious athletes. Now, with *Body, Mind, and Sport*, anyone can reach the Zone, regardless of fitness level. Designed to accommodate a variety of individual fitness needs, the *Body, Mind, and Sport* program is split into two levels. Level 1 is for non-athletes who want to improve overall fitness; Level 2 is for those who want to train for competitive or recreational purposes. Your own unique mind-body type is taken into account to guide you in achieving your personal best without stress or strain. In this revised and updated edition of *Body, Mind, and Sport*, fitness expert and trainer John Douillard outlines a program in which your individual seasonal constitution—Winter, Spring, or Summer—determines what exercises or sports are best suited to your mind-body type and what foods you should eat for optimum results. Using the *Body, Mind, and Sport* approach you can decrease heart and breath rates while improving both fitness and performance. Dozens of world-class athletes, including Martina Navratilova and Billie Jean King, have used John Douillard's expert breathing techniques, dietary recommendations, and seasonally balanced workouts. Now you can, too!

## Book Information

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## Customer Reviews

In an era of increased body awareness, this book encourages lasting health and fitness through fun. Using many of Douillard's recommendations, children and adults can learn to maximize their physical abilities and enjoy recreational and competitive sports. The author integrates Yoga, Tao, Zen, diet, and various training programs as guides to greater enjoyment and success in sport. He

focuses upon three mind-body types that reflect the governing principles of nature: Vata (space/air), Pitta (fire/water), and Kapha (water/earth). The premise is that each of us has primary characteristics in one of these psychophysiological mind-body types that influence how we think, eat, and sleep. This enjoyable book is recommended for health and fitness collections.- Albert Spencer, Coll. of Education, Univ. of Nevada, Las VegasCopyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

When a baseball player gets five hits in a row or a basketball player can't miss, they're said to be in a "zone." The zone is a nebulous state, thought to be brought on willy-nilly, not willfully. Drawing on numerous Eastern disciplines, but especially on India's Vedic literature, Douillard says no, the zone can be brought on consciously. His program for physical training begins with a psychophysiological profile that will determine one's individual nature, which, in turn, will help one choose a sport in which to compete and determine the appropriate diet and exercise regimen. He also provides two levels of fitness programs: one for the elite, competitive athlete and another for the person who simply wants a healthier lifestyle. Although much of this may sound like a combination of astrology and New Age philosophy, it is firmly based on common sense. If there is a cornerstone to Douillard's ideology, it is, listen to your body and let your exercise program be guided by its signals. "No pain, no gain" is a phrase Douillard would like to eliminate from athletics. If it hurts, he says, don't do it anymore. Good advice. Wes Lukowsky --This text refers to an out of print or unavailable edition of this title.

One of my all-time favorite books!Full Disclosure: I recently interviewed Dr. John Douillard for our Inspire Nation Show.This book's an oldie, but more than a goodie, it was and still IS way ahead of it's time. Ideas in this revolutionary book by Dr. Douillard are now being proven by science, such as the incredible benefits of nasal breathing. And his concepts for matching sports with season-type, are spot on.For anyone who want's to improve at their sport, keep from getting injured, or perform at their best, I can't recommend it enough (and I'm a running coach and professional athlete with over 25 years of experience). And if you have a child into sports, OR struggling in PE, then this is a must read!

I included this book in my library of Dr. Douillard's books because, even as a senior citizen who does not participate in competitive sports, there is valuable information on how the body utilizes food for energy. I use it as an encyclopedic resource and it is chock full of very useful information. I

encouraged my son, who coaches basketball, to read it so he can utilize his team better by knowing their body types. He can also coach them on their diet and timing of their meals to enhance performance. It works, whether it's to get through a game or "get through the day" with enough sustainable energy. I am a real fan of Dr. Douillard's writings.

Good book. Bridges the gap between yoga and endurance sports. I started implementing some of the principles with my 12 year old son and with a few weeks he has a whole new excitement for swimming and just got his highest placing in the backstroke 50 with personal bests in the 50 back and breast

The major messages of this book are as follows:1) A stress and recovery model of fitness training is likely to lead to burnout or injury. It's better to exercise at a lower heart rate (50% of max) and utilize slow, steady nasal breathing in order to maximize performance while putting a minimum amount of strain on the body.2) One should use ayurvedic techniques to identify optimal diet, sleeping patterns, and season activity for your given body type and disposition. Failure to do so can result in athletic frustration, stress, sickness, and fatigue. I thought the central themes of the book were interesting; certainly worth a experimenting with for anyone currently suffering under their current exercise regimen. I like the idea of listening to your body and optimizing its performance based on how it's designed to operate. Douillard spends a good chunk of the book advocating for a school phys-ed program that identifies individual strengths and nurtures them rather than leaving kids feeling frustrated or embarrassed if they don't excel at rope climbing or mile running. Sensible, but probably tangential to why most are reading the book. My primary complaint is that almost all claims are backed up only with individual anecdotes or references to ayurvedic medicine. I'm all for studying the wisdom of the ancients, but I believe extraordinary claims need solid (if not extraordinary) evidence. Some claims are easier to rationalize than others. For instance Douillard argues that ideally, we'd fall asleep just after sunset and wake up at sunrise in sympathy with our circadian rhythm. Fine, I can get on board with that. But other claims raise an eyebrow. For instance (with respect to food), "In the same way as salt melts snow or ice on the road, it also heats up the body, increasing Pitta" or "If the sour taste is taken in excess, particularly by the Pitta type, enjoyment of competition can be soured". A lot of it starts sounding like astrology and it's frustrating to be asked to accept "facts" on pure faith. There are also constant references to mysterious authorities. For example, "It is said that the only time of day in which human beings can properly digest a large meal...is between 10am and 2pm" and "Doctors blame the excessive hormone dependency, the

high rate of hysterectomies, and the majority of menstrual complaints on our society's failure to understand the benefits of rest during the menstrual period". In the latter quote, he's probably referring to ayurvedic "doctors" visiting the west, but it's left open ended. There are a lot of interesting ideas in this book and I think it's worth a read as an alternative to the manic, high intensity movement that's become so popular (e.g. P90X, Crossfit, marathons, triathlons and tough mudders), but I think it would have benefited from more focus on the core ideas and an editing of some of the more dubious fluff.

This is the one book that has influenced me in my life more than any book, b/c it really explains how you, on any level, can approach training and life. I am educated in chiropractic, which gives me an increased understanding of the human body and interactions. A must read for those who are willing to look at signs and facts besides the medical approach, of course with it. It's also a fine guide to help you wander into the world of gastronomy, it's not all black and white. It's a lot of emphasis on Ayurvedic traditions. You want to be natural, this is a book that can push you in your right direction. Remember to breathe with your nose!

This is one of the best books on Ayurveda that I have read. I'm a fan of Dr. Douillard in general, but this particular book has helped me apply so much Ayurvedic wisdom to my physical practices and has changed the way I think about exercise completely. I used to think it was sort of my burden to bear in order to be healthy, but this book helped me reframe my whole approach to one that is so fun and feels perfect for me. Whether you are new to exercise, a professional athlete, or a fitness fanatic looking for some new inspiration, this book is a must-read!

There are many roads to Rome they say. I grew up with this one way to get fit - supreme effort and often pain. If you are open to being challenged on how to get fit or to review your current fitness methods, please read this book. It provides example after example of established (often professional) athletes who have road-tested John's recommendations. John also succinctly spells out what is the best approach for child fitness - great for parents & educators. This may be viewed as new-age conditioning, the evidence suggests its old-age and like many best-practice methods has been re-surfaced, because of advocates like John.

Great Book, I lend it to athletic patients desiring to modulate the intensity of their work-outs etc. Helps them get in touch with message from their bodies.

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