

## **Beyond The Fairway Zen Lessons Insights And Inner Attitudes Of Golf**

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### **Books in Print, 2004-2005**

A spiritual journey, a lush travelogue, a parable of sports and philosophy—John Updike called this unique novel “a golf classic if any exists in our day.” When an American traveler on his way to India stops to play a round on one of the most beautiful and legendary golf courses in Scotland, he doesn't know that his game—and his life—are about to change forever. He is introduced to Shivas Irons, a mysterious golf pro whose sublime insights stick with him long after the eighteenth hole. From the first swing of the Scotsman's club, he realizes he is in for a most extraordinary day. By turns comic, existential, and semiautobiographical, Michael Murphy's tale traces the arc of twenty-four hours, from a round of golf on the Links of Burningbush to a night fueled by whiskey, wisdom, and wandering—even a sighting of Seamus MacDuff, the holy man who haunts the hole they call Lucifer's Rug. “Murphy's book is going to alter many visions,” The New York Times Book Review declared. More than an unforgettable approach to one of the world's most popular sports, *Golf in the Kingdom* is a meditation on the power of a game to transform the self.

### **18 in America**

One of the world's leading creative artists, choreographers, and creator of the smash-hit Broadway show, *Movin' Out*, shares her secrets for developing and honing your creative talents—at once prescriptive and inspirational, a book to stand alongside *The Artist's Way* and *Bird by Bird*. All it takes to make creativity a part of your life is the willingness to make it a habit. It is the product of preparation and effort, and is within reach of everyone. Whether you are a painter, musician, businessperson, or simply an individual yearning to put your

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creativity to use, The Creative Habit provides you with thirty-two practical exercises based on the lessons Twyla Tharp has learned in her remarkable thirty-five-year career. In "Where's Your Pencil?" Tharp reminds you to observe the world -- and get it down on paper. In "Coins and Chaos," she gives you an easy way to restore order and peace. In "Do a Verb," she turns your mind and body into coworkers. In "Build a Bridge to the Next Day," she shows you how to clean the clutter from your mind overnight. Tharp leads you through the painful first steps of scratching for ideas, finding the spine of your work, and getting out of ruts and into productive grooves. The wide-open realm of possibilities can be energizing, and Twyla Tharp explains how to take a deep breath and begin

### **A Good Round**

"Golf psychology. A guide to improve your golf even before you have swung a club."--Provided by publisher.

### **Mr. Wizard**

In the Gita the troubled warrior Arjuna receives instruction from Krishna, Supreme Lord of the Universe, who has assumed human form as Arjuna's charioteer. Instead of a troubled warrior, it's a troubled golf champion (Rannulph Junah); instead of his charioteer, it's his caddie, Bagger Vance."".

### **Directory of Graduate Programs in Applied Sport Psychology**

Soon to be an HBO documentary from Academy Award-winning producer Alex Gibney The #1 New York Times bestseller based on years of reporting and interviews with more than 250 people from every corner of Tiger Woods's life--this "comprehensive, propulsive...and unsparing" (The New Yorker) biography is "an ambitious 360-degree portrait of golf's most scrutinized figure...brimming with revealing details" (Golf Digest). In 2009, Tiger Woods was the most famous athlete on the planet, a transcendent star of almost unfathomable fame and fortune living what appeared to be the perfect life. But it turned out he had been living a double life for years--one that exploded in the aftermath of a Thanksgiving night crash that exposed his serial infidelity and sent his personal and professional lives over a cliff. In this "searing biography of golf's most blazing talent" (GOLF magazine), Jeff Benedict and Armen Keteyian dig deep behind the headlines to produce a richly reported answer to the question that has mystified millions of sports fans for nearly a decade: who is Tiger Woods, really? Drawing on more than four hundred interviews with people from every corner of Woods's life--many of whom have never spoken about him on the record before--Benedict and Keteyian construct a captivating psychological profile of a mixed race child programmed by an attention-grabbing father and the original Tiger Mom to be the "chosen one," to change

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not just the game of golf, but the world as well. But at what cost? Benedict and Keteyian provide the startling answers in this definitive biography that is destined to linger in the minds of readers for years to come. "Irresistible...Immensely readable...Benedict and Keteyian bring us along for the ride in a whirlwind of a biography that reads honest and true" (The Wall Street Journal). Ultimately, Tiger Woods is "a big American story...exhilarating, depressing, tawdry, and moving in almost equal measure" (The New York Times).

## Library Journal

## Rats Saw God

## Books in Print Supplement

## The Creative Habit

Having failed English, eighteen-year-old Steve York must generate a paper to get credit and chooses to write about his years in high school, during which he experienced his first love and struggled with family relationships.

## Beyond the Fairway

Tantric Golf: Buddha Fields for Golfers OverviewIs enlightenment through golf even possible? Does it matter in the game or more importantly in life? Why you've had challenges with your confidence, centeredness, or getting into a "flow or Zen State" will be explained in Tantric Golf. You'll learn that a stillness state is merely a stepping stone to a higher state of consciousness, which is Tantric Golf. In Tantric Golf quieting the mind and getting into a "flow state" is as automatic as a tap-in. This enthralling novel takes readers of books on Zen, Golf in the Kingdom, Kingdom of Shivas Irons, and the Legends of Bagger Vance to a whole new level of "Hole-in-One-ness!"Andrew "Double A" Arleau, an aspiring golf pro, is visited by a Golden Buddha who teaches him THREE PRICELESS TECHNIQUES to transform his golf game and his life game. This relatable and riveting novel is chock full of humor, golf history, golf secrets, gambling, vexing life challenges, and exciting golf play, through the eyes of the hero, Andrew "Double A" Arleau, who has lived it all.By tapping into your Buddha (Christ or Krishna) Nature you are improving your golf game along with your life game, and moving past your "flow state" and tapping into the power of the Buddha Verse! Your opponent is no longer you, or even other golfers, as it is enveloped into a Buddha Fairway. If you don't believe the above is possible, read the book, and take the 21 Day Tantric Golf Challenge and prove it to yourself. The only

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things you have to lose are your bad habits, negative thinking, and your suffering. Praise for Tantric Golf and Buddha Fields: "In golf, life, or business, aligning your spirit is essential if you want to achieve your goals. Tantric Golf will help you to shed your illusions and find the fairway, in golf and in life." -- David Meltzer, CEO of Sports 1 Marketing and International Best-Selling Author "Tantric Golf combined the funny lines of Caddyshack, the intense gambling of Rounders, and the spiritual teachings of the Little Buddha all in one relatable book! I loved it! -Tralain Benner, CEO Mama T's Pet Products "Kevin and Daniel masterfully highlight the ancient spiritual traditions of Buddhism through captivating storytelling. For those seeking to open their mind and live a life free of anger, jealousy, and internal suffering Tantric Golf teaches and shows you through the simple day to day practices how you can transform and bring peace to yourself and those around you. Great job!" -David Braaten, CEO & COO Partnership Bank "A spiritual journey into the mind, body, and soul. Captivating and inspiring, this book will improve your outlook on life, golf, and one's own existence. Thanks for sharing such a personal quest!" -John Lepak, Golfing and Teaching Professional. "The Three Priceless Techniques changed my game!" -Steve Martin, CFO FilterSteve.com "Tantric Golf helped teach there me was another way to golf. and another way to see. Bravo! Thank you, Kevin and Daniel." -Howard G. Maron MD, Former Doctor for the Seattle Supersonics and Portland Trailblazers, Founder MD2 "Tantric Golf is a MUST BUY BOOK! It is a roadmap to success in golf and fulfillment in life. Incredibly relatable, fun, funny and shared "tour tips" and golf secrets" -Scott Johnson, 1996 NCAA Team Champion, Arizona St. University, 1997 GCAA and Academic First Team All American, Pac 12 First Team, Pac 12 Champion, and Dave Williams Award Winner "Daniel's incredible new book took me through the passage of spirituality and soul in a manner I never knew before. An inspiration into self-awareness and enlightenment. Thank you for the experience and the possibilities." -Sassan Sobhani, CEO ai SECURITY LLC "Intriguing book to read from start to finish. Daniel has done a masterful job of describing how through using some simple techniques life changing events could occur." -Dr. Jalal Alisobhani, CEO of Acculink

### **Golf for Enlightenment**

### **Golfmind Play**

Smashing Balls -Golf, Opening Doors for Women helps you navigate through the golf world in an easy and fun fashion. The stories inspire, entertain and educate you in the language and etiquette of golf. This book gives business women a blueprint to learn to play golf and to use golf as a business and networking tool. Getting started in golf can have its challenges and can be intimidating, especially for women. Smashing Balls will give women confidence and provide the tools to get started playing golf. Traditionally, golf lessons start in the

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backyard, park or driving range with a friend or relative giving instructions. They teach as they have been taught, and may use the latest tips from a golf magazine. This all seems reasonable - or does it? Why would you expect anyone to successfully hit a golf ball if they can't hit a tee ball off of a tee ball stand? Yet that is precisely what is expected of the beginner golfer. It is analogous to going into a martial arts class for the first time and be expected to smash your hand through a board. In martial arts, everyone starts at the beginning. We think that is a better model for learning and teaching complex motor skills. You may be one of those women who never developed these skills. Even if you did participate in sports when you were younger, you may need some remedial work. Your time has been devoted to careers and raising a family, so those athletic skills may be a little rusty. Let's face it, golf isn't easy to learn. However, "Smashing Balls" can make the learning process easier. The book provides a progression of carefully designed fun physical exercises. The progression is designed to advance quickly and efficiently. Let's face it, golfers want to play, not practice. The methods in this book get the beginner out on the golf course smashing the ball down the fairway as soon as possible. In addition to the physical challenges of golf, there are rules, etiquette and vocabulary to learn. Many books go into excruciating detail on these topics. For the recreational or strictly social golfer, this book sticks to the basics. Modification of some rules to make the game more enjoyable for the beginner and anyone who plays with them are recommended in the book. Over 80% of beginning golfers will not take golf lessons from a golf professional, so a golf instruction book, such as Smashing Balls, written in layman's terms will get you off to a better start.

### **Ben Hogan's Five Lessons**

### **Books in Print**

The first - and only - book to apply the strategies and philosophies of Zen to the world's most popular card game.

### **Developing Competent Youth and Strong Communities Through After-school Programming**

An account of the author's coming-of-age quest to play golf in each of the lower 48 states traces his experiences on courses ranging from a Flint, Michigan municipal site to the manicured greens of Pebble Beach, a journey that enabled interactions with a diverse range of players.

### **Driven to Extremes**

Beyond The Fairway is a guide for getting to the heart of golf and

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self by measuring a not by the score, but by the overall experience. Going against conventional approaches to golf, disproving that a straight fairway drive is golf's ultimate thrill, golfer and author Jeff Wallach steers his cart into the rough and even dangerous terrain where golf becomes an adventure into the unknown, into the greater mysteries of life, love, friendship, endurance, being a son, and being a man. Each chapter presents the unique physical and spiritual challenges of exotic and exclusive courses around the world from Scotland, Africa, and Thailand to Oregon, Alaska, and Nepal. The book gives an insider's often humorous, sometimes irreverent perspective on the sacred sites and rites of golf, and pros from around the world provide practical tips and insights into the game.

### **Golf and the Spirit**

Golf. It's the ultimate head game. And when nothing but the best advice will do, along comes M. Scott Peck, M.D., the celebrated psychiatrist and author of the best-selling self-help book of all time, *The Road Less Traveled*. In *Golf and the Spirit*, M. Scott Peck writes a book for beginners and masters alike--and even for nongolfers. It goes beyond mechanics to explore the deeper issues, ways of successfully managing the emotional, psychological, and spiritual aspects of this most wonderful, maddening, deflating, and inspiring game. Playing side by side with M. Scott Peck on an imaginary course of his own design--complete with illustrations of each hole--you will come to see the profound truths in this seemingly simple game. Appreciate that life is not linear. Come to understand your own anger and how to heal that which gets in your way. Accept the gifts of humility. Appreciate kenosis, the process by which the self empties itself of self. Benefit from teachers. Know that in weakness often there is strength. Realize that to experience the blessings of golf and life fully, you must accept the divinity that underlies all things. Like the best-selling volumes of Harvey Penick and Michael Murphy, *Golf and the Spirit* makes a unique contribution to the literature of golf and life. It goes beyond the body to address the heart and soul of the game, creating a rare opportunity for transformation in the lives of its readers, both on and off the fairway. It seems to me the human condition is most basically that we are willful creatures living in a world that, much of the time, doesn't behave the way we want it to. We live in the tension between our will and reality. Sometimes with great effort and expertise, we can change reality or bend it to our will. At other times--also with great effort and expertise--it is we who must change by coming to accept the limitations of the world and of ourselves. How we do this--how we deal with the hazards of life--is quite akin to how we deal with the hazards of a golf course. Sooner or later golfers who stick with the game long enough will almost always come to see it as a metaphor for life. But the word metaphor fails to do justice to all that golf has to teach us. I would go even further and say that, in its own way, golf is life and, not only that, life condensed. If we

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choose to use it as such, I believe that golf, next to marriage and parenthood, can routinely be the greatest of life's learning opportunities.

### **International Journal of Religion and Sport**

"The writing is knowing and engaging, wise about its cultural orientations, and driven to discoveries both reassuring and life-enhancing."-Michael Curtis, Fiction Editor Emeritus, The Atlantic

"Jeff Wallach is a prodigiously gifted writer-insightful, funny, and always surprising. Mr. Wizard twists and turns like a double helix. When you finish, you'll want to go back to the very first page and experience it all over again, just to see how Wallach pulled it off."

Two brothers. One mother. One big question. Two days before her death, Jenny Elliot suggests to her fifty-year-old son Phillip that, being half Irish, he should be more careful about his drinking. Phillip, along with his brother Spencer, has grown up believing they were the fully Jewish-American offspring of Jenny and her late husband who died in the Vietnam War. Was his mother uttering some dementia-inspired fantasy, or was her true character shining through in her last moments to leave the brothers a clue to their real heritage? After her death, Phillip decides to take a DNA test. The brothers set off on a genetic treasure hunt in search of who they really are-and what that might mean. Are they purely products of their genetics; or were they formed more completely by their social interactions and upbringing? Are they merely victims of randomness; or are they some combination of those factors? And who, exactly, is Mr. Wizard?

### **American Book Publishing Record**

#### **The Power of Women**

#### **Tantric Golf**

The professional golfer provides tips on the grip, stance, and swing of successful golf shots

#### **Golf Is**

This is a stunning collection highlighting 'extreme' golf from one of the game's freshest voices: Extreme Personalities, Extreme Destinations (like Baja's Loreto, whose caddie-master has no caddies and whose driving range has only one ball), and many more.

#### **Golf in the Kingdom**

For more than 30 years, Yoga Journal has been helping readers achieve

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the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

### **The Inner Game of Golf**

Noting the renewed attention given to community efforts supporting after-school activities to promote social competence in its youth, this book examines the concepts of play and rites of passage for youth. The book also discusses the contributions of various types of activities on youth social competency, presents a variety of perspectives for engaging youth in competency-promoting after-school activities, and focuses on the community planning necessary to successfully implement after-school programs. The chapters are: (1) "From Idle Amusements to Leisure Activity as Work for Youth" (Thomas P. Gullotta); (2) "The Uses of Theory in Primary Prevention Practice: Evolving Thoughts on Sports and After-School Activities as Influences of Social Competency" (Martin Bloom); (3) "Let's Play: Initiating Youth into the Healthy World of Play" (David G. Blumenkrantz); (4) "Sports and Social Competence" (Albert J. Petitpas and Delight E. Champagne); (5) "Girls on the Edge: Rethinking Out-of-School Programs for Adolescent Girls" (Joann Stemmermann and Janice Antonellis); (6) "Promoting Social Competency through the Arts" (Christianne F. Gullotta and Robert W. Plant); (7) "Integrating Resilient Youth into Strong Communities through Festivals, Fairs, and Feasts" (Maureen K. Porter); (8) "Issues in After-School Youth Development Programming" (Kathryn Edmondson); (9) "Re-Creating Recreation in the Inner City: A Youth Development Initiative in Detroit" (David Fukuzawa); and (10) "Youth and Community Development: How After-School Programming Can Make a Difference" (Steven J. Danish). Each chapter contains references. (KB)

### **Harvey Penick'S Little Red Book**

A collection of wit and wisdom on golf offers practical advice to everyone from golf pros--including Tom Kite, Ben Crenshaw, and Sandra Palmer--to high-handicap amateurs. 20,000 first printing.

### **Gita on the Green**

Michael Murphy's *Golf in the Kingdom* is one of the bestselling golf books of all time and has been hailed as "a golf classic if any exists in our day" (John Updike) and "a masterpiece on the mysticism of golf" (San Francisco Chronicle). *Golf in the Kingdom* introduced Shivas Irons, the mysterious golf pro and philosopher with whom Murphy played a mythic round of golf on Scotland's Burningbush links, a round that

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profoundly altered his game--and his vision. The Kingdom of Shivas Irons is the enchanting story of Murphy's return to Scotland in search of Shivas Irons and his wisdom about golf and human potential. Murphy's quest takes him from the mystical golf courses of Scotland, across the world to the first Russian Open Golf Championship, and finally to Pebble Beach on the California Coast. The result is a delightful exploration of the inner game of golf and a provocative inquiry into our remarkable possibilities for growth and transformation. From the Trade Paperback edition.

### **Directory of Graduate Programs in Applied Sport Psychology**

A world list of books in the English language.

### **The Cumulative Book Index**

W. Timothy Gallwey's bestselling Inner Game books--with over one million copies sold--have revolutionized the way we think about sports. And now, after twenty years of applying his Inner Game methods to the royal and ancient sport of golf, Gallwey brings us this completely revised edition of his classic The Inner Game of Golf, nearly half of which is new material, published here for the first time. Even the masters of the game, from the venerable Jack Nicklaus to the wunderkind Tiger Woods, must battle their mental demons to excel in the crucible of competition. How do they maintain concentration under pressure? How do they avoid the mental and physical tensions that can sabotage any shot, from the simplest putt to a demanding drive? And how do they contend with the nagging inner voice that says, "You haven't been playing your best today. How will you keep from messing up on this shot?" Here, Gallwey provides specific ways for you to improve the concentration and confidence that keep your insecurities from hijacking your best instincts, your score, and your enjoyment of the game. In addition to the specifics of Inner chipping, Inner swinging, and Inner putting, Gallwey explains why the art of "relaxed concentration" is the fundamental skill for improving every aspect of your game. It may seem like common sense nowadays to say that mental approaches are as crucial as physical skills in a good game of golf. But Gallwey was among the first to say it, and he is a pioneer of the modern sports psychology movement. In The Inner Game of Golf, now comprehensively updated, you will find the kind of perceptive and articulate instruction that not only will improve your swing, but, perhaps even more important, will reacquaint you with the pure pleasure of the game. From the Hardcover edition.

### **Golf is Not a Game of Perfect**

The eighth edition of the "Directory of Graduate Programs in Applied Sport Psychology" once again offers a wealth of information about graduate programs and career opportunities internationally. Over the

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years, the Directory has become the indispensable resource for exploring sport psychology graduate programs. In addition to over 100 masters and doctoral degree programs in the United States, Canada, Australia, Great Britain, and South Africa, the Directory presents information about internships and career opportunities, details online courses and common research tools in the field, delineates the requirements for certification and licensure, and discusses ethical issues and concerns in sport psychology. Perhaps most useful are the contact names, numbers, and email addresses for programs and individuals around the world. This is the ideal resource for individuals interested in pursuing graduate study and a career in sport or exercise psychology.

### **Zen and the Art of Poker**

Deepak Chopra has discovered the delights—and frustrations—of golf, and he is passionate about the game. Confronted by the wild ups and downs of his own play, he consulted with golf professionals and developed a new approach to the game that any golfer can follow—from the novice to the expert. The results can be measured not only in increased enjoyment and skill, but also in greater wisdom about life beyond the 18th hole. Chopra's own game has improved dramatically since incorporating the elements of his program. Instead of focusing on the mechanics of a "perfect" swing, Chopra reveals how golf can be mastered through mindfulness, a form of awareness that combines sharp focus and relaxation at the same time. Expanded awareness, he tells us, can accomplish much more than external mechanics to improve one's game. But *Golf for Enlightenment* is also an engrossing story about Adam, an Everyman who is playing a terrible round of golf when he meets a mysterious young teaching pro named Leela. In seven short but profound lessons detailing spiritual strategies, she teaches Adam the essence of a game that has much to explain about life itself. Chopra has spent the last year taking the unique message in *Golf for Enlightenment* nationwide, teaching the essential tenets of his program at lectures and seminars to golfers everywhere. His message continues to help players turn an obsession into a positive life path.

### **International journal of sport psychology**

### **Yoga Journal**

Dr Bob Rotella is one of the hottest golfing performance consultants in the world today. Unlike other performance consultants, Rotella goes beyond the usual mental aspects of the game and the reliance on specific techniques. In this extraordinary book, and with his clients, he creates an attitude and a mindset about all aspects of the golfer's game, from mental preparation to competition. And, as some of the world's greatest golfers will attest, the results are spectacular.

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Filled with charming and insightful stories about golf and the golfers Rotella works with, *GOLF IS NOT A GAME OF PERFECT* will improve the game of even the most casual weekend player.

## 50 Logic Puzzles

### The Kingdom of Shivas Irons

A wise man once said that "You have to have lived it to write about it." Author Kirk Stephan has lived it, having spent a year wandering about India, followed by several years exploring the pre-Colombian temples of Latin America and studying Mayan Hieroglyphics. In this novella, Kirk recounts his adventures navigating the islands of the Indian Ocean aboard his sloop Zephyr in the year 1965.

### Singapore Sling

Columbia Business School professor Mark Broadie's paradigm-shifting approach that uses statistics and golf analytics to transform the game. Mark Broadie is at the forefront of a revolutionary new approach to the game of golf. What does it take to drop ten strokes from your golf score? What part of Tiger Woods' game makes him a winner? Traditional golf stats can't answer these questions. Broadie, a professor at Columbia Business School, helped the PGA Tour develop its cutting-edge strokes gained putting stat. In this eye-opening new book, Broadie uses analytics from the financial world to uncover the secrets of the game of golf. He crunches mountains of data to show both professional and amateur golfers how to make better decisions on the course. This eagerly awaited resource is for any player who wants to understand the pros, improve golf skills, and make every shot count.

### Tiger Woods

The unconquerable frustration of golf brings out a rich vein of unquenchable wit and fatalistic humor. Enhanced by historical and modern photographs, this hole-in-one gift book collects incisive quotations related to the sport. Sources range from duffers to pros, including P. G. Wodehouse, G. K. Chesterton, Winston Churchill, Ben Hogan, and many others.

### New Age Journal

### Smashing Balls

Welcome to the wonderful world of puzzles! This book contains 50 logic grid puzzles. Your task is to read the backstory and the clues, and

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then figure out the correct answers by only using logic. If you're not familiar with logic grid puzzles, fear not! The book contains instructions to help you get started. If you are an experienced puzzler, feel free to get going straightaway. The book contains fun and challenging puzzles, so sharpen your pencil - and your brain - and get ready for the challenge! Find out more:

[www.lusciousbooks.co.uk/suzanne-high](http://www.lusciousbooks.co.uk/suzanne-high)

### **Snowflakes in the Sun**

The International Journal of Religion and Sport' is a refereed print publication analyzing the interchanges between world religions, religious practice, spirituality, and global sport. The editors of the journal invite contributions that take seriously the study of religion and sport as well as scholarship investigating notions of sport as religious or spiritual practice. The journal seeks contributions using diverse methodological approaches to religion and sport from a variety of disciplines such as myth and ritual studies, historical studies, popular culture studies, and liturgical studies. The editors welcome original scholarship in English from international contributors in the form of essays, book reviews, and film reviews. The journal is published yearly by Mercer University Press and is sponsored by the Centre for the Study of Sport and Spirituality at York/St. John College of the University of Leeds.

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