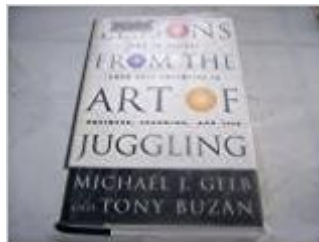




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# **Lessons From The Art Of Juggling: How To Achieve Your Full Potential In Business, Learning, And Life**



## 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

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## Customer Reviews

Gelb, a learning consultant, and Buzan (The Mind Map Book) present a quirky and effective amalgamation of managerial principles, learning theories and ideas on juggling. Using juggling (tennis balls or fruit) as a learning metaphor, they hypothesize on goal setting, attitude transformation, relaxation and confidence building. The benefits of mastering the art of juggling-including correct balance, ambidexterity and confidence-are readily applied to other endeavors. Amply illustrated with sketches, this uncommon approach to self-improvement has more to offer than other such guides and is a great deal more fun. Copyright 1994 Reed Business Information, Inc.

Experienced juggler Gelb and Buzan, author of Use Both Sides of Your Brain, combined forces to write this guide to the juggling metaphor method--a method of achieving psychophysical ambidexterity. The authors contend that in practicing juggling, people learn to draw on both sides of their brain, to achieve greater physical fitness (by increasing the difficulty of the juggling experience), and to change their attitude toward mistakes and regard them not as failure but as an element of growing and learning. The first half of the book is a genuine juggling lesson; the second

part is an application of those skills to the business world, coaching, and everyday life. An interesting philosophy that has been taught at corporate seminars, schools, and military and police academies. Denise Perry Donavin

It's great to find a book that guides us to achieving difficult skills. Gelb/Buzan shows how important making mistakes is to creating success. The book isn't a complete book on juggling, but I don't see any need for more pages than is written. I haven't mastered 3 ball Juggling, but I am comfortable with it. I started 2 in 1 hand which is the basis of 4 ball juggling. It's really demanding on your throwing technique and less on your sense of sight. Mastering 4 balls is a totally different dimension because it pushes you to your ambidexterity limit. Just don't give up and be aware of your technique.

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)!

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.

This is more an inspirational book than a good source of juggling information. In common with many books of its kind, it stresses the (alleged) benefits of juggling skills while shorting readers on technical advice. Better to read a purely inspirational book if you need that, or a book on juggling technique if your interests lie that way.

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 can juggle 3 balls but I struggle with 4. Maybe I didn't read the book properly or something.

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