

# BACK TO THE ZONE

SPORT AND INNER EXPERIENCES

Damien Lafont, PhD

## OVERVIEW

"The Zone" is that quasi-mystical state achieved only rarely by athletes, when everything flows effortlessly and you can do no wrong. Unfortunately, we enter the Zone seemingly at random, when it is least expected.

The great hope of all competitors is to be able to summon the Zone at will. Toward this end, *Back to the Zone* breaks the Zone down into its many components and helps the athlete optimize each one: balance, absorption, clarity, feedback, concentration, control, loss of self-consciousness, imagination, positive thoughts, energy, self-esteem, meditation, and quiet mind. Ultimately, Damien Lafont shows us that reaching the Zone is more about freeing our mind from the unnecessary rather than learning new techniques and concepts.

This is a short, clear, practical guide for athletes in all sports. With it the golfer or the baseball player, the runner or the swimmer, or the tennis player will all reach new levels of performance, and will find themselves "in the Zone" more often.

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