



The Way of Baseball: Finding Stillness at 95 mph

Shawn Green

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Two-time All Star Shawn Green shows how the surprising lessons the game has taught him transcend baseball and compose a life well lived.

Shawn Green's career statistics can be found on the backs of baseball cards in shoeboxes across America: 328 home runs, 1,071 RBIs, .282 career batting average, All-Star, Gold Glove, Silver Slugger...but numbers tell only part of the story.

In the tradition of Phil Jackson's *Sacred Hoops*, Shawn Green illustrates the spiritual practices that guided his career and enabled him to "bring stillness into the flow of life." In *The Way of Baseball*, he shares the secrets to remaining focused both on and off the field, shedding light on a signature approach to living by using his remarkable baseball experiences to exemplify how one can find full awareness, presence, and, ultimately, fulfillment in any endeavor.

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