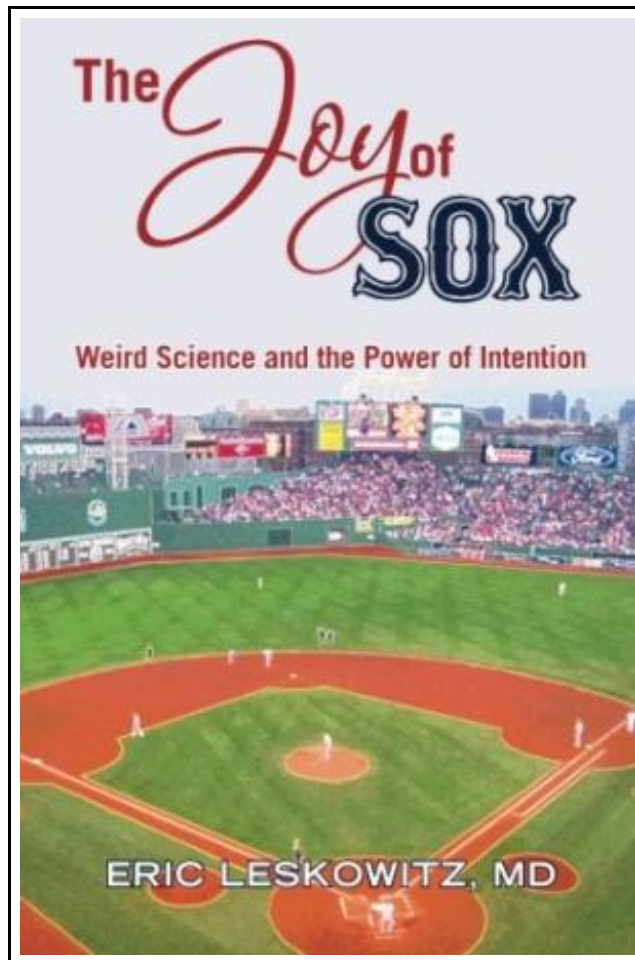


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Reviews

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(Dr. Augustine Borer)


THE JOY OF SOX: WEIRD SCIENCE AND THE POWER OF INTENTION: SPORTS, SPIRITUALITY AND SCIENCE COME TOGETHER AT THE OLD BALLGAME (PAPERBACK)




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Booksurge Publishing, United States, 2010. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.People everywhere are moved by the power of groups, whether it is at a concert, in a congregation or at a political rally. The new science of consciousness research has proven that invisible energies are the key to this power, and the pre-eminent laboratory for studying these forces is an unexpected location: at the ballpark. In *The Joy of Sox: Weird Science and the Power of Intention*, Harvard psychiatrist Rick Leskowitz describes how his lifelong love of the Boston Red Sox helped him discover that the principles of energy medicine and intentionality research explain the intangibles in sports: the home field advantage, the electricity in the crowd, team chemistry and the prayers of fans. Read about computer studies that measure fan energy in the ballpark, lab tests that prove how positive emotions are contagious, and learn how energetically savvy fans can enhance their team's performance. This book even answers the age-old question: is your favorite sports stadium a sacred space? *The Joy of Sox* starts by laying a foundation of scientific evidence in support of these mysterious forces. It then charts the path by which these ideas have unfolded during Dr. Leskowitz's production of a documentary film of the same name, that led him to interview ballplayers, fans and scientists (including such Hall of Famers as Larry Dossy, William Tiller, Dean Radin, Donna Eden, Esther Hicks and Michael Murphy). The book's final section is a series of energy exercises that show fans - of any sport, in any town - how to maximize their team's performance by tapping into their own heartfelt enthusiasm and transmitting it most effectively to their team. This book...

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