

# COACHING, TENNIS AND SPIRITUAL LIFE BY JIRI JEZEK



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# COACHING, TENNIS AND SPIRITUAL LIFE BY JIRI JEZEK PDF

Coaching, Tennis and Spiritual Life illustrates, through the principals of coaching that playing tennis and a spiritual life are two very closely related activities that can show us much about our life. By spiritual life I don't mean religion, but rather a personal growth focused on our inner self and our spiritual connection to the world.

From the perspective of a former professional player and coach, I present on tennis a very easy to understand self-learning process to improve your game, whether you are number one in the world or simply a weekend player. The same process is easily applicable in other sports or day to day activities, including working on your own unique and ever-present spiritual side.

This process will enable you at all levels; the physical, emotional, mental and spiritual. It focuses on conscious perceptions of our seemingly ordinary life because only by observing and realizing it we allow the opportunity for change. The primary goal is to begin using our heart as a compass pointing to the good or bad, right or wrong and follow our innermost feelings and intuition to create our life the way we like.

This is a coaching book. It emphasizes the importance of understanding the spiritual context of the environment in which we live. Being open to such perspective gives us much different and needed perspective which influences all decisions we make in our life. We discover we always 'have a choice.'

This book is for everyone who would like to become a more free, productive and loving person, living a happier and healthier life.

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