



On the Sweet Spot: Stalking the Effortless Present

Richard Keefe

Download now

[Click here](#) if your download doesn't start automatically

On the Sweet Spot: Stalking the Effortless Present

Richard Keefe

On the Sweet Spot: Stalking the Effortless Present Richard Keefe

Like most moments of spiritual revelation, this one took place on a landfill in New Jersey.

A young man is standing at an unprepossessing driving range, hitting balls toward a distant fence, when something unusual takes place. As he begins his swing, he has the sensation that his club is drawing itself back on its own; when it is ready, it starts downward, makes perfect contact, and the ball soars off in the right-to-left arc he'd imagined, hitting the exact fencepost he'd been aiming at from 250 yards away. He steps back and wonders if he can do it again. He feels like an observer as the swing begins itself and resolves itself after perfect contact with the waiting ball, which again smacks against the distant post.

He has, for however brief a time, entered “the zone.”

Everyone who plays a sport knows that fleeting, ineffable sensation of everything falling into place: The pitched baseball looks as big as a grapefruit, the basket looks as wide as a trash can, the players around you are moving in slow motion. But as Richard Keefe, the director of the sport psychology program at Duke University, looked deeper into the nature of his experience, he found profound links to the spirit, the brain, perhaps even the soul.

Keefe recognized that the feeling golfers and other athletes have of “being in the zone” is basically the same as a meditative state. And as a researcher with experience in brain chemistry, he went one step further: If we can figure out what's happening in the brain at such times, he reasons, we can learn how to get into that “zone” instead of just waiting for it to happen. This is the Holy Grail of sport psychology—teaching the mind to get out of the way so the body can do the things it's capable of doing. Keefe calls it the “effortless present,” when the body is acting of its own accord while the brain has little to do but watch.

All religions describe some kind of heightened awareness in their disciplines; Keefe explores whether such mystical experience is a fundamental aspect of our evolution, an integral part of what makes us human and keeps us from despair. And he brings the discussion back to the applications of such knowledge, reflecting on our ability to use these alternate planes to achieve better relationships, better lives, better moments.

Keefe's true subject is extraordinary experience—being in the zone, in the realm of effortless action. *On the Sweet Spot* builds from the physical and neurological to the mystical and philosophical, then adds a crucial layer of the practical (how we can capture or recapture these wondrous states). It is a work in the proud tradition of *The Sweet Spot in Time, Flow: The Psychology of Optimal Experience, and How the Mind Works*.

 [Download On the Sweet Spot: Stalking the Effortless Present ...pdf](#)

 [Read Online On the Sweet Spot: Stalking the Effortless Prese ...pdf](#)

Download and Read Free Online On the Sweet Spot: Stalking the Effortless Present Richard Keefe

From reader reviews:

Nathan Jackson:

The book *On the Sweet Spot: Stalking the Effortless Present* can give more knowledge and information about everything you want. Why then must we leave the great thing like a book *On the Sweet Spot: Stalking the Effortless Present*? Wide variety you have a different opinion about reserve. But one aim this book can give many information for us. It is absolutely right. Right now, try to closer using your book. Knowledge or details that you take for that, you could give for each other; you are able to share all of these. Book *On the Sweet Spot: Stalking the Effortless Present* has simple shape however you know: it has great and large function for you. You can seem the enormous world by available and read a guide. So it is very wonderful.

Joel Fallis:

Would you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Aim to pick one book that you just dont know the inside because don't determine book by its include may doesn't work is difficult job because you are afraid that the inside maybe not because fantastic as in the outside search likes. Maybe you answer can be *On the Sweet Spot: Stalking the Effortless Present* why because the wonderful cover that make you consider concerning the content will not disappoint you actually. The inside or content is usually fantastic as the outside or perhaps cover. Your reading sixth sense will directly make suggestions to pick up this book.

Stephen Williams:

Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just laying on the bed? Do you need something new? This *On the Sweet Spot: Stalking the Effortless Present* can be the respond to, oh how comes? It's a book you know. You are thus out of date, spending your free time by reading in this fresh era is common not a geek activity. So what these ebooks have than the others?

Lisa Vazquez:

Reading a guide make you to get more knowledge from this. You can take knowledge and information from your book. Book is created or printed or highlighted from each source which filled update of news. Within this modern era like at this point, many ways to get information are available for you actually. From media social like newspaper, magazines, science reserve, encyclopedia, reference book, fresh and comic. You can add your understanding by that book. Isn't it time to spend your spare time to open your book? Or just looking for the *On the Sweet Spot: Stalking the Effortless Present* when you necessary it?

Download and Read Online On the Sweet Spot: Stalking the Effortless Present Richard Keefe #QME4XVPHZBC

Read On the Sweet Spot: Stalking the Effortless Present by Richard Keefe for online ebook

On the Sweet Spot: Stalking the Effortless Present by Richard Keefe Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read On the Sweet Spot: Stalking the Effortless Present by Richard Keefe books to read online.

Online On the Sweet Spot: Stalking the Effortless Present by Richard Keefe ebook PDF download

On the Sweet Spot: Stalking the Effortless Present by Richard Keefe Doc

On the Sweet Spot: Stalking the Effortless Present by Richard Keefe Mobipocket

On the Sweet Spot: Stalking the Effortless Present by Richard Keefe EPub