



# Coaching with Heart: Taoist Wisdom to Inspire, Empower, and Lead

*Jerry Lynch, Chungliang Al Huang*

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**Taoist Wisdom to Inspire, Empower, and Lead in Sports & Life.**

In the world of athletics, an innovative breed of coaches is emerging—men and women who insist on fostering strong, healthy relationships with their players where respect and integrity are forged—and they are winning!

In *Coaching with Heart*, recognized sports psychologist Dr. Jerry Lynch declares that the relationship game is the single most vital aspect to successful and effective coaching in sports. By creating more intimacy between coach and team, and recognizing that both team and coach can learn from each other, everyone is able to fulfill their mutual goals.

*Coaching With Heart* is a provocative and practical 'game changer' in the shifting landscape of athletics and life coaching. Awaken to established techniques that empower and inspire not only yourself, but also the players with whom you are building a relationship. Chapters within discuss various themes, including:

- The power of caring in having love in your heart
- The magic of being stronger by being softer
- The positive effects of a culture of unity and cohesion
- Tao Coaching, with the Taoist virtues of respect, trust, compassion, belief, and integrity.

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