



# The Tao of the Jump Shot: An Eastern Approach to Life and Basketball

*John F. Mahoney*

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In Taoism, to become a master of something you have to perfect not only the technical side of the skill but your own spiritual being as well. This beautifully written book takes the reader on a journey through the inner and outer mastery. It shows the reader how to infuse every action with new meaning and depth.

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