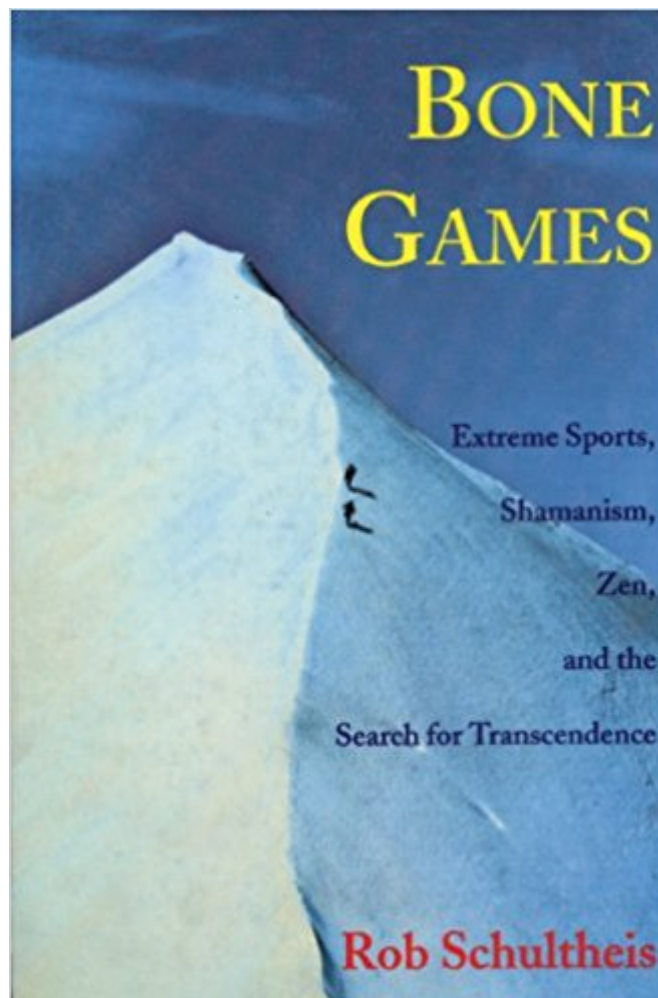




Ebook Directory
the best source of ebook

The book was found

Bone Games: Extreme Sports, Shamanism, Zen, And The Search For Transcendence



Synopsis

An inquiry into how ultra-endurance sports can induce preternatural states in athletes.

Book Information

Paperback: 181 pages

Publisher: Breakaway Books; Reprint edition (January 1, 1999)

Language: English

ISBN-10: 1558215069

ISBN-13: 978-1558215061

Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #527,273 in Books (See Top 100 in Books) #132 in [Books > Sports & Outdoors > Extreme Sports](#) #372 in [Books > Religion & Spirituality > New Age & Spirituality > Shamanism](#) #443 in [Books > Sports & Outdoors > Miscellaneous > Sports Psychology](#)

Customer Reviews

Shallow

This book is good for anyone interested in the physiological effects of extremes on the body. What kind of rush we are actually looking for and the desire to control these effects. Interesting book.

Starts slow, but overall great.

Badly injured, alone and in mortal danger, author Rob Schultheis found himself doing impossible things to save his own life after a near-fatal mountain-climbing accident. "Bone Games" is an account of his intensely personal quest to understand an almost mystical experience and, if possible, to re-capture that extraordinary and elusive "state of grace" through wilderness athletics. Exploring his subject from historical, biochemical, spiritual and various other perspectives, Schultheis produced a truly excellent memoir of journeys through terra incognita.

This book is an old favourite of mine. When I came across it on sale a few years ago in the Daedalus catalogue, I bought a bunch of copies to give to friends, mostly martial arts types. This book is not about martial arts per se, I can't help feeling that what Mr. Schultheis has to say is

important to all martial artists and those involved with peak athletic performance. While mainly focused on high-risk sports and survival situations, I think most readers will be fascinated by his obsessive search for the consummate mind-set in which the seemingly impossible is accomplished with ease. Schultheis is a runner and a climber, and when climbing in the Colorado Rockies, he had a bad fall which triggered a kind of peak experience. As he describes it: "Something happened on that descent, something I have tried to figure out ever since, so inexplicable and powerful it was. I found myself very simply doing impossible things: dozens, scores of them, as I climbed down Neva's lethal slopes. Shattered, in shock, I climbed with the impeccable sureness of a snow leopard, a mountain goat." This experience sets the author off on a quest to find the key to this altered state of consciousness. And what a quest it is! He ranges from Shamanism to long-distance running, mountaineering in Nepal, Plains Indian vision quests, and survival at sea. He doesn't specifically deal with martial arts, but the state of consciousness he seeks is known by various terms such as "muga-mushin" and "heijoshin" in the Japanese Martial Arts. More recently Mihaly Csikszentmihaly has researched what he calls the "Flow" state and written extensively on it. While Schultheis doesn't seem to come to any firm conclusions, it's certainly not through a lack of effort, and it sure is fun being along for the ride.

Also an old favorite of mine. I recommend this book for anyone who wants to get more juice or joy out of their sports and/or adventures. I'm an endurance runner and when my running gets stale I pick up *Bone Games* and re-read it for a refresher on how to keep my running interesting and exciting. Anyone who enjoys sports, including hiking, running, climbing, adventure racing or whatever would get value out of this one. Anyone who enjoys a good adventure story would like it as well. It's well written, interesting, and therefore, easy and quick to read.

Don't be deceived by the title. This book leaps beyond mere 'games' and instead zeroes in on a wide spectrum of outdoor adventurers. The author, Rob Schultheis, compares a wide spectrum of athletic psyches to himself, hoping to explain the lure to nature's most extreme challenges. His writing may stray from scientific methods, but his anecdotal and personal style is engaging and often based in Eastern philosophies. Overall, a solid collection of musings in a topic rarely navigated, sprinkled with harrowing accounts of unbelievable triumphs and near-misses.

A mix between Brad Lewis' "Assault on Lake Casitas", Heart of Darkness, Walden and "Jonathan Livingston Seagull". Throw in some John Muir and you're set. A kindred spirit of anyone who has

ever found a balm for existential anxiety in testing the limits of the human body and spirit.

[Download to continue reading...](#)

Bone Games: Extreme Sports, Shamanism, Zen, and the Search for Transcendence ZEN: Everything You Need to Know About Forming Zen Habits – A Practical Guide to Find Inner Peace, Practice Mindfulness & Learn Zen Meditation (Zen Buddhism, Zen Mastery, Zen for Beginners) Bone Broth : Bone Broth Diet Plan: Lose 15 Pounds, Firm Up Your Skin, Improve Health and Reverse Grey Hair with the Bone Broth Diet (Bone Broth, Bone Broth Diet, Bone Broth Recipes) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes) Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Zen: Zen For Beginners – The Ultimate Guide To Incorporating Zen Into Your Life – A Zen Buddhism Approach To Happiness And Inner Peace Zen Flesh Zen Bones: A Collection of Zen and Pre-Zen Writings Zen and Zen Classics 1: From the Upanishads to Huineng (Zen & Zen Classics) Zen: How to Practice Zen Everywhere in Your Daily Life (FREE Bonus Inside) (Zen Meditation, Zen for Beginners, Buddhism) Travel Games for Adults: Coloring, Games, Puzzles and Trivia: Featuring Over 60 Activities including Group Games, Games for Two, Scavenger Hunts, ... Word Search, Word Scramble and more Pagan Paths: A Guide to Wicca, Druidry, Asatru Shamanism and Other Pagan Practices (Guide to Wicca, Druidry, Asatru, Shamanism and Other Pagan P) Extreme Sports (Extreme Sports No Limits!) Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Gray Foxes, Rattlesnakes, and Other Mysterious Animals of the Extreme Deserts (Extreme Animals in Extreme Environments) Polar Bears, Penguins, and Other Mysterious Animals of the Extreme Cold (Extreme Animals in Extreme Environments) Word Search Book Vol.1: 1,000 Verbs for Daily use (Word Search Games Puzzles) (50 Carefully Designed Word Search with Solution to Twist Your Brain Book 1) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More

Contact Us

DMCA

Privacy

FAQ & Help