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In the Zone: Transcendent Experience in Sports (Arkana)

Michael Murphy, Rhea A. White

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Drawing on more than 4500 stories from both professional and amateur athletes, this is an examination of sportsmen and sportswomen's experiences of trancendance while participating in sporting activities. They include tales of ESP, out-of-body experiences and fits of strength. Murphy and White uncover this hidden dimension of sport and draw parallels between these uncanny experiences and the fabled powers of mystics and yogis. First published in 1978, this book includes new material. Michael Murphy is also the author of "Golf in the Kingdom".

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