



# The Inner Athlete: Realizing Your Fullest Potential

*Dan Millman*

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## **The Inner Athlete: Realizing Your Fullest Potential** Dan Millman

Blending Eastern philosophy with Western sports training, this updated guide explains how active men and women can develop physical, mental, and emotional skills to reduce stress, increase energy, avoid injury, and promote sports abilities. Original. 35,000 first printing.

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