



Playing Life from Center Court: The Ultimate Guide to Emotional Fitness: Living Without Anger & Fear

Arynne A. Simon PhD

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Like our muscles, our emotions need a good toning workout for them to remain fit and responsive. Too often, when confronted with an emotionally charged 'lob' from a boss, loved one, or even a random stranger, we tend to respond from the gut rather than the head. These knee-jerk responses nearly always have the same root - in a combination of anger and fear. Arynne A. Simon, PhD, introduces us to the concept of Emotional Fitness in *Playing Life from Center Court*. A written condensation of her highly successful lecture and coaching series, this book offers instruction on escaping the traps of 'anger' and 'fear'. Dr. Simon has been offering guidance and instruction for over two decades and has influenced countless individuals with her lectures, including Gary Moore, Senior Vice President of Cisco Systems; and Steve Wozniak, founder of Apple Computers and author of this book's foreword. At the urging of her students and clients, she has written *Playing Life from Center Court* in an effort to share her and solutions with a wider public.

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