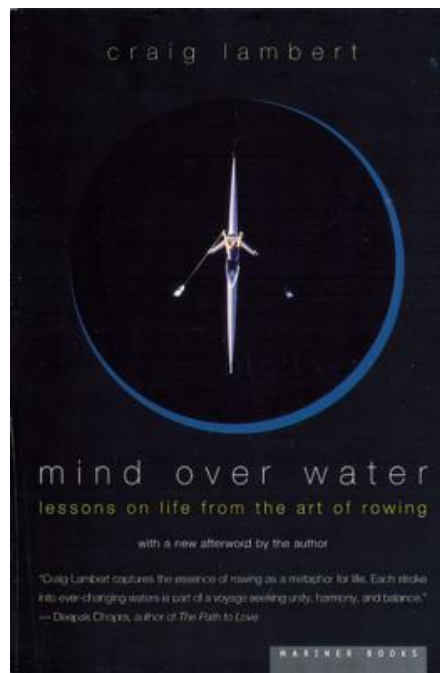




Mind Over Water: Lessons on Life from the Art of Rowing

Craig Lambert

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In this wise and thrilling book, Criag Lambert turns rowing--personal discipline, modern Olympic sport, grand collegiate tradition--into a metaphor for a vigorous and satisfying life.

Mind Over Water: Lessons on Life from the Art of Rowing Details

Date : Published September 7th 1999 by Mariner Books (first published October 1st 1998)

ISBN : 9780618001842

Author : Craig Lambert

Format : Paperback 192 pages

Genre : Sports and Games, Sports, Nonfiction, Philosophy



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From Reader Review Mind Over Water: Lessons on Life from the Art of Rowing for online ebook

Bumby Scott says

Not bad for a Harvard Man. Actually, it is very well written. It would have never crossed my mind that Catching Crabs, could be a metaphor for life long lessons, as well as, team building. A great read.

Books Ring Mah Bell says

I really really really liked this book. I have lots of things underlined, that maybe, someday, when insomnia rears its wicked head, I'll add here.

Lots of passionate stuff about rowing: the physical demands on your body, the team unity, the amazing sound of the oars skimming over water...

BLISS.

Did you know that some coaches think stroke seat should be red haired with a strong jaw, indicating a fiery temperament, and strong will? That a good stroke is aggressive and fiercely competitive? Hmmm. Maybe I'm sitting in the wrong seat.

Alison Kenney says

This book is true to its title. The author shares anecdotes from his rowing (mostly on the Charles River) and draws lessons about life from his experiences. He's a good writer and a great and curious thinker. I learned more about rowing from his explanations and also appreciated his "lessons."

Alan says

It is indeed about rowing in an 8. Enjoy the pace and style of the book. Rowing is the amateur, untelevised sport, mostly about training. In 8s, it is also about team and synchronization.

Cori says

What intrigued me: Sometimes I judge books by their cover and it works out pretty well.

What I liked: This book had an interesting structure. A linear story about a specific race day interspersed with memories and musings about rowing. There are a lot of great quotes in this book about motivation, achieving your goals, and mental toughness.

I also appreciated that he shared specific rowing exercises that I am going to try on my rowing machine!

What I didn't like: There are a lot of \$10 words in this book. At first, I thought it was me, but then he used the term *pas de trois* in a baseball analogy and I realized it was Lambert being pretentious.

Favorite quote: "The fatal trap is *entertaining* our doubts, for then we get stuck inside our own minds, insulated from the steady stream of feedback that reality is continually offering."

A full review will be on my blog soon.

Eric says

Rowing is wonderful...this book is crap.

Stuart Ridgway says

A very well written and researched book with a very heart felt and honest outlook. He describes the rowing and it's environment beautifully with the interjection of life lessons subtle and thought provoking. Thumbs up from me.

Jen Hsieh says

Should read. Was a coxswain in HS.

Andrew says

I may get round writing something on this. In the meantime here's a nice quote:

"Every act of communication involves a signal to noise ratio. The key factor is ratio: it is a matter of foreground-background. Many of us try to strengthen our communications by increasing the signal. But as media multiply and levels of signal rise higher and higher, modern society has become an unrelieved shouting match. To get attention and have one's message clearly received, the essential is not more signal, but less noise. Communication means creating a quiet channel in which the desired signal will appear and so produce a high ratio of signal to noise. We do not need more input, but less distraction. Suppress noise."

Rose O'Keefe says

Although the author is clearly a strong to do what he did, it is very uplifting to read about a regular kind of guy who stretches beyond his limits. His details about rowing were also very satisfying.

Bas Kreuger says

Warning! Only rowers need to read on, the rest can quit as I think they wont be able to fathom the true value of this book.

Lambert uses rowing as a metaphor for spiritual growth and succeeds in it. Sometimes a bit longwinded about it, but almost always spot on in his descriptions of what rowing is, not just in a physical sense, but more in a way of life and a philosophy.

Rowing is a unique and sometimes for outsiders a strange sport in which great physical exertions must be made (training 9 - 10 times a week) for seemingly little reward.

The sensation of flying over the water under your own (and your teams) power, being literally shackeled to your boat and mentally and morally unable to stop rowing (you never quit) and the things the sport bring to its participants, is captured brilliantly by Craig Lambert

Phil Hulse says

Rowing & life.... it's all the same discipline....

Jessica Martin says

Wondering book!

Melissa says

A brief but well written book on rowing. Lambert touches on the technical and philosophical aspects of the sport, both from the perspective of an inexperienced Harvard freshman fulfilling a PE requirement and as a fortysomething athlete trying to meet the distinct challenges of the Boston's Head of the Charles Regatta. A thoughtful little book - enjoy.

Mark says

This book is about rowing, as much as any book is about its setting. The real value of the book is in the learning and growth that take place within the author: he learns about accepting his limitations—and improving them. He learns about becoming a better individual—and thus a better teammate.

There are some references to god and such that I find misguided, but all things considered, I really enjoyed the book.
