

CONTENTS

Intro	1
SOME PRELIMINARIES	
A Caveat	6
A Disclaimer	8
Two Definitions	9
THE CONCEPTS	
Eight Basic Goals	12
How To Achieve Effortlessness	13
How To Work Easily, Without Having To Struggle	19
The Art Of Speed	28
How To Create Effortless Power	39
How To Become More Fluid	43
The Art Of Control	50
Precision In Imprecision	62
The Artlessness Of Passion	68
Be Extraordinary	77

SUMMARY

The Key Principles 82

Acknowledgements And Copyright 85