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## Zen Gaming and the Art of Electronic Sports Book One Zen Gamer 1

By Lee Southard

Paperback. Book Condition: New. Paperback. 77 pages. Zen Gaming and The Art of Electronic Sports is a unique and creative way for Gamers to improve their gaming abilities and learn healthy habits. Contained within are eleven levels that the gamer must progress through to reach the final reward. Each level awards attribute points that enhance gaming abilities and overall well-being. The nine attributes of a Zen Gamer are strength, wisdom, awareness, endurance, appeal, income, energy, and lifeforce. Reasons to experience Zen Gaming and the Art of Electronic Sports1) You feel that you should be in higher rankleaguerating, but are stuck, and cannot seem to rise above your current standing. 2) You want to increase, develop, or improve: map awareness, fan base, fun, energy, a winning mindset, and controllermousekeyboard precision3) You want to transform, decrease, or eliminate: miss clicks, toxic gaming habits (i. e. rage), gaming acne, obesity, and the feeling of defeat. 4) You would like to learn how to use games as a tool for spiritual, physical, mental, and financial growth. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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