

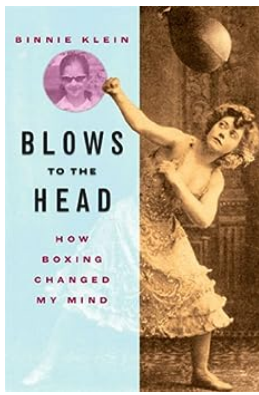
# How Boxing Changed My Mind - Excelsior Editions

Boxing, often known as the "Sweet Science," is a sport that has captivated and intrigued people for centuries. Its blend of raw athleticism, strategic thinking, and fierce competition creates an exhilarating experience for both fighters and spectators alike. But boxing is much more than just a physical contest—it has the power to transform lives and change perspectives. In this article, we will explore the profound impact that boxing had on my mind and how it introduced me to a whole new way of thinking—a mindset that I now consider the Excelsior Editions of my life.

## Discovering the Inner Warrior

Growing up, I was never particularly interested in combat sports. I was more inclined towards intellectual pursuits, such as reading and writing. However, fate had a different plan for me when I stumbled upon a local boxing gym while searching for a new fitness regimen. Little did I know that this encounter would forever alter the trajectory of my life.

The gym became my sanctuary—a place where I could escape the pressures and expectations of the outside world. It was within those four walls that I discovered the warrior spirit lurking within me. Boxing taught me to tap into my inner strength and perseverance, to push beyond my limits, and to confront my fears head-on. In the ring, I learned that success is not solely determined by physical prowess—it is a culmination of mental fortitude, strategic thinking, and unwavering determination. It was this new understanding that eventually led me to embrace the Excelsior Editions mindset.



## Blows to the Head: How Boxing Changed My Mind (Excelsior Editions) by Binnie Klein (Kindle Edition)

★ ★ ★ ★ ☆	4.8 out of 5
Language	: English
File size	: 859 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 211 pages



### **The Power of Emotional Intelligence**

While boxing is often associated with aggression and brute force, I soon realized that there was a deeper level of intelligence and emotional awareness required to truly excel in the sport. Boxing forced me to confront and regulate my emotions in order to make split-second decisions during intense moments of combat. It taught me how to read and anticipate my opponent's body language and adjust my strategy accordingly. This heightened emotional intelligence not only improved my performance in the ring but also spilled over into other areas of my life.

By cultivating emotional intelligence, I discovered the power of empathy and compassion. I began to connect with people on a deeper level, understanding their perspectives and experiences with greater openness and curiosity. This newfound understanding allowed me to build stronger relationships and be more receptive to different ideas and viewpoints. It was this transformative aspect of boxing that solidified my commitment to the Excelsior Editions mindset.

### **Overcoming Adversity and Resilience**

Boxing, by its very nature, is a sport of adversity. It is a constant battle against physical and mental challenges. Through countless hours of training, I quickly learned that setbacks and failures were inevitable. But rather than succumbing to defeat, boxing taught me to view these obstacles as opportunities for growth and self-improvement. It instilled in me the importance of resilience—of getting back up after being knocked down—and pushing forward with even greater determination.

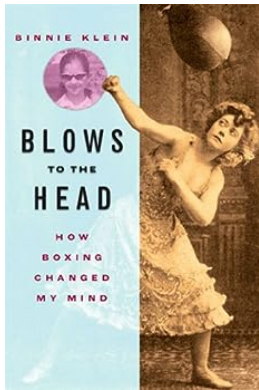
Embracing the Excelsior Editions mindset means viewing setbacks as stepping stones rather than roadblocks. It means seeing challenges as opportunities for personal growth and development. It is a mindset that encourages us to continuously strive for excellence, to take risks, and to venture outside our comfort zones. Boxing taught me these invaluable lessons, allowing me to approach every aspect of my life with an unwavering determination to achieve greatness.

## **Entering the Ring of Self-Discovery**

Boxing is not merely a sport—it is a transformative journey of self-discovery. Through its physical demands, strategic thinking, and emotional intelligence, boxing has the power to break down barriers and open doors to new possibilities. It forces us to confront our limitations, challenge our beliefs, and redefine our own definitions of success.

My journey into the world of boxing has forever changed my mindset. It has taught me that we are all capable of greatness, and our greatest adversary lies within ourselves. By stepping into the ring, both literally and metaphorically, we have the opportunity to surpass our own expectations, shatter our self-imposed limitations, and unlock the Excelsior Editions of our lives.

So, if you are seeking a transformative experience that will change your perspective, challenge your limits, and unleash your inner warrior, then embrace boxing. Step into the ring of self-discovery and embark on a journey that will take you to new heights. Embrace the Excelsior Editions mindset and witness the profound impact it can have on your mind, body, and soul.



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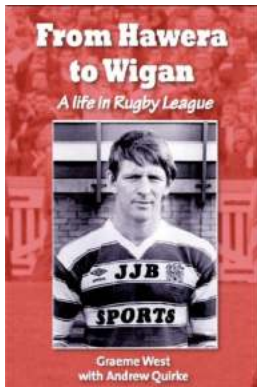
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"I peered through the Venetian blinds in our den, with its view of the playground next door, and watched mournfully as the popular girls played softball. I wanted to run fast, hit hard, and wear a cute uniform. These girls seemed to know something about life that I didn't."

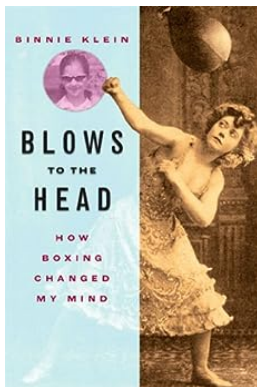
When Binnie Klein took up boxing in her midfifties, the reaction from friends and acquaintances was always the same: "You?" Why, after all, would a middle-aged Jewish psychotherapist with no previous history of athletics take up boxing? In *Blows to the Head*, Klein offers a provocative tale of an unlikely contender whose unexpected fascination with boxing takes her beyond the ring and leads her back to her roots and to a surprising chapter of the Jewish immigrant experience. With candor and wit, she reveals a series of memories and insights that would never

have been possible if she hadn't been drawn toward a pair of boxing gloves during a physical therapy session. In a story that will captivate and inspire women and men, athletes and nonathletes, Klein shows us that if we turn over the "weird stones" on our path, the ones we usually ignore, we may find ourselves on an unexpected journey that will summon vitality back into our lives.



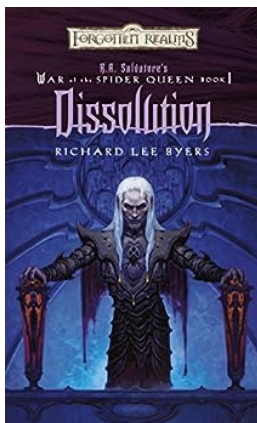
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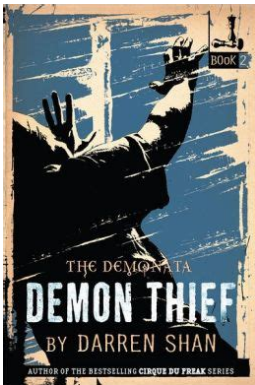
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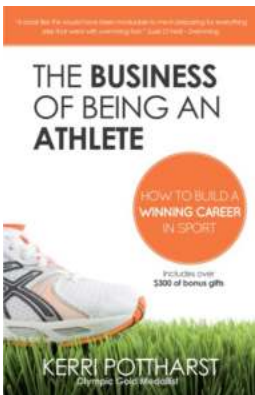
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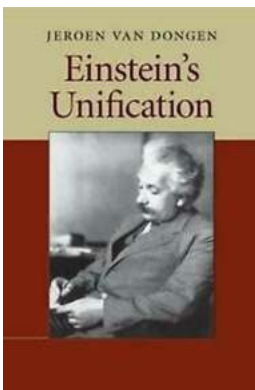
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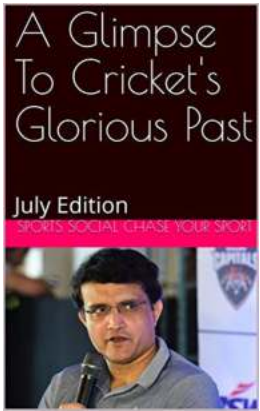
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