

psychology today

OCTOBER 1975 / VOL. 9, NO. 5

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Cover photography by Henry Groskinsky

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PSYCHOLOGY TODAY is published monthly by Ziff-Davis Publishing Company. Hershel B. Sarbin, President; Vincent Perry, Financial Vice President and Treasurer; Charles B. Seton, Secretary; principal offices at One Park Avenue, New York, New York 10016. All rights reserved. Second-class postage paid at New York, New York and at additional mailing offices. Advertising Offices: One Park Avenue, New York City 10016, (212) 725-3900; Midwest Advertising Representatives—Philip Davis, 233 North Michigan, Suite 1607, Chicago, Ill. 60601, (312) 565-1717; Robert Bonamy, 2300 West Big Beaver Road, Troy, Michigan 48064, (313) 649-1950; West Coast Advertising Representatives—John Brown, 9025 Wilshire Blvd., Beverly Hills, California 90211, (213) 273-8050; Southeast Advertising Representatives—Miller and Tillman, 130 West Wieuca Road, N.E., Atlanta, Ga 30342, (404) 252-9588. **RATES:** One-year subscription for U.S., \$12.00, U.S. possessions and Canada, \$13.00, all other countries, \$14.00.

OCTOBER 1975 ONE DOLLAR

Psychology Today

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THE ZEN APPROACH TO SPORTS:

by Adam Smith

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What Makes
You Happy?

A Questionnaire

How Students

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