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*Daniel Muoz Sanchez*

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How to optimize your chess preparation

## The ZUGZWANG Method

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About the Author Authors: Daniel Muoz Sanchez (author) Born in Madrid (Spain). Received a Master's Degree from Universidad Complutense. Psychology has always interested him. Therefore, he obtained his Masters in Neurolinguistic Programming and Emotional Intelligence. At age 7, he began to play the chess and it has not stopped since. He had the fortune of competing in the Honor's Division of Madrid League, although before he passed through all the other divisions. He has developed chess teams and individual competitors from scratch and has taught children. For 2 years, he has been sharing what he knows about chess on his website: [www.thezugzwangblog.com](http://www.thezugzwangblog.com) with more than 45,000 monthly visits. Also he is a collaborator for one of the most prestigious online chess magazines, Chessbase and has collaborated with Chess24 He himself put into practice the ideas that are shared in this book. Thanks to it, he increased his FIDE ELO from 1976 to 2100. Grand Master Herminio Herriz (coauthor) Born in the Pedroeras (Spain). He studied Mathematics in the Universidad Complutense of Madrid. He has played at the highest level, representing Spain in Chess at the 2004 Olympic Games and competing in important international tournaments (third place in the Championship of All of Spain, University Champion of Spain, first place in the Magistral de Elgibar). At the moment, he has a FIDE ELO of 2456 and is a FIDE Trainer (superior title of the FIDE). Although he is a professional player, he dedicates a great part of his time developing new talents and grand masters of international prestige. Also he gives seminars and conferences on chess.