

# Jay Bilas Toughness

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Explore the enduring concept of toughness as defined and embodied by Jay Bilas, a prominent voice in sports. This article delves into his perspective on mental and physical resilience, examining its critical role in athletic performance and life, drawing from his unique insights as a player and analyst.

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## Toughness

ESPN basketball analyst and former Duke player Jay Bilas looks at the true meaning of toughness in this New York Times bestselling book that features stories from basketball legends. If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's SportsCenter and College GameDay. Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood—yet vital—attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others—Bilas redefines what it takes to succeed.

## True Strength

In this inspiring memoir, the star of *Hercules* shares the story of the sudden aneurysm and multiple strokes that left him incapacitated—but ultimately redefined his definition of success. On television, Kevin Sorbo portrayed an invincible demigod; in his real life, an aneurysm caused strokes that left him partially blind and incapacitated at just thirty-eight years old. Yet since appearances are everything in Hollywood, he hid the full details about his condition from the press and continued to film *Hercules*, which was the number one TV series in the world. *True Strength* is the story of transformation, persistence, and hope in the face of seemingly insurmountable obstacles. Sorbo reflects on his childhood in Minnesota and his early acting days in Hollywood, to his charmed life as television's beloved *Hercules*, and where he is today. He recounts the onset of his symptoms, his frightening hospitalization, and his arduous path to recovery. With this honest account of personal tragedy and triumph, Sorbo aims to blaze a trail for those who have ever suffered acute illness or a serious setback in life and are now struggling to find their way back.

## Instant Recess

"Toni Yancey's book is a terrific tool as we work together to promote healthy and active lifestyles."--Bill Clinton "Instant Recess is a call to all of us to get up and move. Part personal memoir, part public health manifesto, and part poetry, Yancey's warmth and enthusiasm shine through this book. I'm betting that she can convince anyone that moving more is not only good for health, but easy and lots of fun to do."--Marion Nestle, author of *What to Eat* "In *Instant Recess*, Dr. Yancey provides the tools to get America moving, in a very accessible style with the scientific research to back it up. Her call to incorporate short exercise breaks into routine, daily activities is one step that can create a true wellness society."--Senator Tom Harkin (D-IA), Chairman, Senate HELP Committee "Dr. Toni (Antronette) Yancey has influenced and impacted community health and fitness in a number of profound ways! Her book is a must read for anyone interested in living a longer, healthier, and more fulfilling life. Recently, at the First AME Church of Los Angeles, we incorporated a quick but effective fitness interlude into all three of our Sunday worship services. The enthusiastic response from our congregation was tremendous! Thank you, Dr. Yancey, for waking us up to the dangers of our sedentary lives and for awakening our desire to get into better physical shape."--Rev. Dr. John & Denise Hunter, Pastor and First Lady of First AME Church of Los Angeles, the White House-designated local lead agency for Michelle Obama's Let's Move LA "Instant Recess is a necessary part of a complex solution to our society's epidemic of inactivity. It can work equally well in the corporate boardroom, school classroom, or for fans at a sporting event for that matter. It is a great place to start if we don't want to leave anyone behind. I'm all for breaking our national inertia with a musical beat and a smile on our faces."--Dave Winfield, National Baseball Hall of Fame 2001, Executive Vice President and Senior Advisor, San Diego Padres "Dr. Yancey writes on a topic about which she is both passionate and knowledgeable. Doable in just about any setting, *Instant Recess* could get America moving again."--David Satcher, M.D., Ph.D., 16th Surgeon General of the United States "Instant Recess is an excellent, easy to read, informative book describing how we must all change our lifestyle patterns and incorporate activity into our day. Yancey poignantly shows why "instant recesses" are needed by corporate Americans, educators, public health and medical professionals. This isn't just a simple how-to book, but also a how-come."--Francine Kaufman, Head of the Center for Diabetes, Endocrinology and Metabolism at Childrens Hospital Los Angeles "For the average person who continues to yo-yo between the hype of miracle weight loss gimmicks and the allure of fast food franchises, *Instant Recess* offers an easy and free solution to creating a healthier lifestyle."--Sharon Baucom, Medical Director of the Department of Public Safety and Correctional Services for the State of Maryland "A thoughtful and innovative approach to community-wide physical activity from a lay person's perspective. This book is well grounded in scientific evidence that is also contextualized in simple examples and in real life experiences people will be able to relate to."--Adrian Bauman, University of Sydney "I've seen everyone from curmudgeonly researchers and uptight bureaucrats to former elite athletes to avowed non-exercisers sucked in by the warm, inclusive energy and ease of her approach to getting people physically active. Most are smiling, some outright laughing as they rediscover the joy of moving. Thankfully, Toni captures the essence of that joy in her book, along with the practical guidance necessary to help anyone start making physical activity a part of their life and their community again."--Mark Fenton, PBS television host and author of *The Complete Guide to Walking for Health, Weight Loss, and Fitness* "I read *Instant Recess* and couldn't help but jump for joy. Dr. Yancey's got the recipe for success to help turn around the epidemic of inactivity in our country. Finally we have a book that shows Americans how to build that strong base of fitness, 10 minutes of hip hopping at a time. Now, if you'll excuse me. It's time for me to take my *Instant Recess*."--Pam Peeke MD, MPH, FACP, author of *Body for Life for Women*, Chief Medical Correspondent for Nutrition and Fitness, Discovery Health TV "Through the San Diego Padres organization we've worked with Dr. Toni Yancey for nearly 4 years on various healthy eating and fitness related projects ... Dr. Yancey is an educated, dynamic, trusted and respected colleague who has a thorough knowledge of public health issues. Her knowledge, advocacy and connection to community service organizations across the country has been key. She's recruited a great number of them to enter the fight against childhood obesity by offering a wide variety of active lifestyles options. Influencing America to move towards healthy eating, better nutrition, and into her activity routine called *Instant Recess* is a significant and continuous task ... It's a pleasure working with this former collegiate athlete, Ph.D. and public servant. We need more people like Dr. Toni Yancey combatting this nationwide health crisis."--David Winfield, member of the Baseball Hall of Fame, and Co-Director at UCLA Kaiser Permanente Center for Health Equity

## Raise Your Game

Performance coach Alan Stein Jr. shares the secret principles used by world-class performers that will help you improve your productivity and achieve higher levels of success. High achievers are at the top of their game because of the discipline they have during the unseen hours. They have made a commitment to establish, tweak, and repeat positive habits in everything they do. *Raise Your Game* examines the top leaders in sports and business and proves that success is a result of the little things we do all the time. The basic principles provided in *Raise Your Game* are simple, but not easy. We live in an instantly downloadable world that encourages us to skip steps. We are taught to chase what's hot, flashy and sexy and ignore what's basic. But the basics work. They always have and they always will. *Raise Your Game* will inspire and empower you to commit to the fundamentals, create a winning mindset, and progress into new levels of success.

### Chasing Perfection

*Chasing Perfection* goes behind the scenes of the multi-million dollar, high-stakes world of basketball player development, research and analysis, and the often secretive, cutting-edge methods that NBA franchises use to turn less-expensive, supporting players into vital parts of championship teams. NBA superstars push as close to perfection as we're likely to see, but they are few and far between. The farther you get from the league's top echelon of talent, the more it's up to the players—and their teams—to develop and utilize their strengths while diminishing and masking their weaknesses as much as possible. There are no perfect basketball players, but there are plenty of perfected ones, who start with a basis of skill and physical ability and then are refined further and further in order to move closer and closer to their absolute potential. In *Chasing Perfection*, national sportswriter Andy Glockner reveals that, though the concept of player improvement is as old as basketball itself, the current era of Big Data analytics in the NBA is transforming that process more quickly and aggressively than anything we have seen before. Players are learning more and more about themselves through video and data visualization, seeing how things like diet and sleep can impact their performance, and learning how having healthy joints and role-specific workout plans are lengthening and improving their careers. Teams are internalizing the same lessons, as well as figuring out how to better implement optimal on-court strategies, how to refine their approaches to player acquisition and how to gauge the varying values and success rates of different, crucial team-building strategies. It's an absolutely fascinating time to be a fan, as the marriage of basketball and technology is bringing two of our most popular and competitive worlds together in compelling fashion. Using the 2014–15 NBA season as a prism to explore this mesh of sport and science, Glockner offers detailed perspective from NBA players, coaches, team management, and media, offering a comprehensive insider's view of how analytics are shaping the basketball we watch, and how those who are lagging behind in the technology race already are feeling the competitive hit.

### Stuff Good Players Should Know

*STUFF Good Players Should Know* may very well be the best book ever written for basketball players. It is conversational and easy to understand, yet filled with subtle insights into the game of basketball. *STUFF* is page after page of creative concepts, common sense, and special tips that can not be found anywhere else. ? How do you guard a stronger player? ? How do you set up a game-winning steal? ? How do you ?strip? a rebound? ? How do you score with a strong-handed dribble while going to the weak side? ? How do you practice shooting for maximum game effectiveness? ? How do you recognize defensive changes? *STUFF* is like having a coach right beside you, in your room, discussing the fine points of the games. How do you think in the minutes of the game? How do you react to mistakes? What is your attitude about fouls? Eating? Superstitions? Injuries? All this and more makes *STUFF* a book that players will find indispensable. Basketball fans will enjoy it, but players won't do

### The Smart Take from the Strong

"The strong take from the weak, but the smart take from the strong." So said Pete Carril's father, a Spanish immigrant who worked for thirty-nine years in a Bethlehem, Pennsylvania, steel mill. His son stood only five-foot-six but nonetheless became an All-State basketball player in high school, a Little All-American in college, and a highly successful coach. After twenty-nine years as Princeton University's basketball coach, he became an assistant coach with the NBA's Sacramento Kings. In 1997 he was inducted into the Naismith Memorial Basketball Hall of Fame. Coach Carril inspired his teams with his own strength of character and drive to win, and he demonstrated time and again how a smart and dedicated team could compete successfully against bigger programs and faster, stronger, more

athletic players. His teams won thirteen conference championships, made eleven NCAA Tournament appearances, and led the nation in defense fourteen times. Throughout his reflections on a lifetime spent on the basketball court and the bench, Carril demonstrates deep respect for the contest, his empathy and engagement with the players, humility with his own achievements, a pragmatic vision of discipline and fundamentals, and an enduring joy in the game. This is an inspiring and wonderful book, even for those who never made a basket.

### Keeping It Loose

When the game is on the line, some coaches tense up. They scream, they yell. But Mike Brey remains calm, having instilled confidence in his players and having built a system in which they have great freedom. Fueled with a competitive streak that belies his fun and easygoing demeanor, Brey has turned Notre Dame into a national contender. When he took over Notre Dame, the school had not reached the NCAA Tournament in a decade. Under Brey the Fighting Irish have qualified for the Big Dance 12 times in 17 seasons, reaching the Elite Eight in 2015 and 2016. And in 2018 he passed the legendary Digger Phelps to become the winningest coach in program history. In this autobiography Brey, the son of educators and athletes, depicts the culture he has created at Notre Dame while profiling his amazing basketball path, having learned from coaching legends Morgan Wootten and Mike Krzyzewski. From the whirlwind turn of events during Matt Doherty's departure that led to his hiring, to recruiting battles, to changing conference affiliations, to epic NCAA Tournament games against Kentucky and Wisconsin, to defeating Tobacco Road powers en route to winning in the ACC, Brey reflects on his remarkable life and career in *Keeping It Loose*. That includes growing up in the Beltway, teaching at DeMatha Catholic High School, coaching under Krzyzewski, and guiding Delaware into the NCAA Tournament. Brey shares insider stories and memories of Fighting Irish stars Troy Murphy, Luke Harangody, Jerian Grant, Bonzie Colson, and many more. You'll learn why the man described as the "loosest coach in America" is also one of its finest.

### How Lucky You Can Be

In September 2008, Northern State University men's basketball coach Don Meyer stood on the brink of immortality. He was about to surpass the legendary Bobby Knight to become the all-time NCAA wins leader in men's basketball. Then, on a two-lane road in South Dakota, everything changed in an instant. In *How Lucky You Can Be*, acclaimed sports journalist Buster Olney tells the remarkable story of the successive tragedies that befell Coach Meyer but could not defeat him. Laid low by a horrific car accident that led to the amputation of his left leg below the knee, Coach Meyer had barely emerged from surgery when his doctors informed him that he also had terminal cancer. In the blink of an eye, this prototypical 24/7 workaholic coach—who arrived at the gym most mornings before 6 a.m.—found himself forced to reexamine his priorities at the age of sixty-three. A model of reserve, Coach Meyer had sacrificed much of his emotional life to his program. His wife, Carmen, felt disconnected because of his habitual reticence, while his three children—all now well into adulthood—had long had to compete with basketball for his attention. With sensitivity and skill, Olney shows how Coach Meyer mined his physical ordeal for the spiritual strength to transform his life. In the months that followed his accident and diagnosis, he reached out to family, friends, and former players in a way he had never been able to do before, making the most of this one last opportunity to tell those close to him how he felt about them—and in turn he received an outpouring of affirmation that confirmed how deeply he had affected others. Sustained throughout an often painful recovery by his love of basketball, he would return to the court once more—with a newfound appreciation for the game's place in his life. The inspirational story of a life renewed by unimaginable hardship, *How Lucky You Can Be* proves that it's never too late to start making changes—and reminds us that fortune can smile upon us even in our most trying hours.

### Championship Team Building

**NEW YORK TIMES BESTSELLER •** From the coach of the 2016 and 2018 NCAA Tournament-winning Villanova University men's basketball team comes a behind-the-scenes look at the making of a champion, along with lessons from his coaching career and the story of his personal road to success. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG** When Kris Jenkins sank a three-pointer at the buzzer to win the 2016 NCAA Tournament, it was a victory not just for a team and its coach but for an entire program. In his twentieth season with the Villanova program, including a five-year stint as an assistant to Coach Rollie Massimino, Coach Jay Wright had achieved his lifelong dream—and witnessed the culmination of a decades-long effort to build a culture of winning around a

set of core values. In *Attitude*, Coach Wright shares some of the leadership secrets that have enabled Villanova, a private university with an undergraduate enrollment of less than 6,500, to thrive in the hypercompetitive world of college athletics. As he recounts the story of the 2015–16 Wildcats, Coach Wright offers anecdotes from his own journey up the ladder of success, with lessons learned on the Little League playing fields of his youth and wisdom passed down from his coaches and mentors. Each step of Villanova's journey to a national championship incorporates a signature term torn from Coach Wright's own motivational playbook. Here are key principles that aspiring leaders can apply, not only on the basketball court but in the boardroom, the classroom, and the living room. From learning to accept your role to remembering to honor those who came before us, Jay Wright's core values provide a positive blueprint for transformational team building based on the idea that anyone—from the head coach to the last player on the bench—can be a leader when the moment demands it. The product of a lifetime's worth of championship-level preparation, *Attitude* is perfect for anyone looking to build a team, achieve a goal, or nurture their own winning culture. Praise for *Attitude* "Jay Wright's *Attitude* is filled with wonderful anecdotes, life lessons, and that which we all seek: wisdom."—Phil Knight, co-founder and chairman emeritus, Nike "In 2015–16, Villanova displayed the best attributes of a champion by playing hard, smart, and together. Jay Wright instilled those traits in his team, and in *Attitude* he shares the universal leadership lessons that helped it succeed."—Mike Krzyzewski, head coach, Duke University basketball

### Attitude

"Matt is everything you could ask for in a friend and leader." --Jay Bilas, ESPN Matt Doherty played and coached basketball at the University of North Carolina. He started on the 1982 National Championship team coached by Dean Smith while playing alongside NBA stars Michael Jordan and James Worthy. He is the former head coach at the University of Notre Dame and UNC. He was named 2001 National Coach of the Year. In 2003....he was forced to resign! Have you ever fallen off the top of the mountain? Have you ever doubted yourself? How do you prepare for your next opportunity? You Rebound! Rebound will help you become a better leader. Leadership is a learned behavior. It can be studied and developed. Not everyone is a born leader, but EVERYONE can become a better leader! Coach Doherty provides a game plan to help you navigate the rough terrain of leadership. He shares his journey in an authentic manner that will engage you with riveting stories of tremendous successes and.....failures! Coach Doherty chose to turn his "Pain into Passion". He went on a leadership journey studying at The Wharton School and The Darden School. Along with the help of top leadership executives, Matt learned many valuable lessons that he will share with you in *Rebound*.

### Rebound

Legendary UCLA coach John Wooden once said, "People say Morgan Wootten is the best high school basketball coach in the country. I disagree. I know of no finer coach at any level—high school, college, or pro." Morgan Wootten has retired from coaching, but his knowledge of the game remains unsurpassed and keen as ever. *Coaching Basketball Successfully* contains a wealth of Wootten's timeless wisdom. And, in this third edition, Wootten adds even more value—the coaching experiences, methods, and tactics of his son Joe, a successful high school coach himself. Loaded with insights, instruction, drills, and Xs and Os, *Coaching Basketball Successfully* is the best single resource on making the most of your program, team, and players each season.

### Coaching Basketball Successfully

>*In Pursuit of Excellence, Third Edition*,> shows you how to develop the positive outlook that turns "ordinary" competitors into winners... on the playing field and off. You'll learn how to focus your commitment, overcome obstacles to excellence, and achieve greater personal and professional satisfaction. Author Terry Orlick, an internationally acclaimed sport psychologist, has helped hundreds of Olympic athletes maximize their performances and achieve their goals. In this third edition of >*In Pursuit of Excellence*>, Orlick presents his special insights and experiences to help you make the most of your potential. He also identifies the Seven Essential Elements of Human Excellence and provides a step-by-step plan for proceeding along your personal path to excellence. Whether you are an athlete, coach, or high achiever in another walk of life, >*In Pursuit of Excellence, Third Edition*,> provides the expert advice and proven techniques to fulfill your aspirations.

### In Pursuit of Excellence

Praise for Team Players and Teamwork "In the new edition of Team Players and Teamwork Glenn Parker updates his landmark compendium on the essential effect of cross-functional teamwork to encompass the added complexities of globalization facing team leaders and team members in the twenty-first century. Anyone participating on or managing members of a cross-functional team will benefit from reading this essential guide to successful teamwork." -Jeffrey W. Warmke, vice president, global project management and leadership, Daiichi Sankyo Pharma Development "Glenn Parker has the unique combination of sound thinking and clear writing. In his recent version of Team Players and Teamwork he succeeds in taking this combination of skills to a higher level." -Sivasilam "Thiagi" Thiagarajan, president, Workshops by Thiagi, Inc. "Glenn's book is a must-read for team leaders and team members who are looking for a comprehensive set of tools and ideas to help teams perform more effectively. Glenn offers practical wisdom-based on years of first-hand experience-that is unparalleled in the field of team dynamics." -Robert Hoffman, executive director, organization development and talent management, oncology business unit, Novartis Pharmaceuticals Corporation

### Team Players and Teamwork

Over his forty years in the game of basketball at the collegiate and professional levels, Kevin Eastman has become widely known as one of the very best teachers in the game. He is also a lifelong student of the coaches and players at the highest levels. As a coach of the 2008 NBA Champion Boston Celtics, Kevin has lived in the world of the best while observing and studying them every day. He studies what makes the best the best--their habits, mindsets, strategies and every day choices. Known as a thought leader in the basketball and sports worlds, Kevin is now an engaging speaker who inspires a wide range of audiences, from college and professional sports teams, to diverse corporate and government groups. Kevin's curiosity and dedication to learning provide the backdrop for delivering powerful talks on leadership, culture, teamwork, and why the best are the best.

### Why the Best Are the Best

Written by the director of basketball operations at Southern Illinois University (who also played at Illinois and assisted at Kansas), GO GET THAT SCHOLARSHIP! helps high school basketball players and their parents navigate the often stressful and confusing process of securing a college basketball scholarship. Filled with interesting anecdotes, indispensable lists ("The Six Things You Have to Ask a Coach"), tips on everything from highlight videos to walk-on tryouts -- even a college basketball preparation checklist -- this honest, revealing and downright funny book tells high school players, their parents and general college basketball fans what college basketball recruiting is REALLY like.

### Go Get That Scholarship!

During colonial times the British living in India tried to play golf, only to be frustrated by monkeys who disrupted the game by chasing the golf balls and creating chaos. The British tried erecting fences and posting guards to keep the monkeys back, but eventually decided to play the ball where the monkey dropped it -- as we often must do in life, to live as best we can with forces that are beyond our control. Why must we suffer? Gregory Knox Jones tackles this enduring issue of life with clarity and intelligence, offering hope to anyone who is struggling with the pain and confusion of unjust suffering. Dr. Jones recounts the life stories he has seen in his work as a pastor: parents losing their child in a car accident, a runner coping with the amputation of his leg. Every day good people suffer, raising the question: Why is this so, if there is a just and all-powerful God? The response that God works in mysterious ways that are beyond human understanding simply isn't adequate in the face of such profound suffering. Dr. Jones, who has more than twenty years' experience in the parish, found that he had to rethink his ideas as he ministered to people in pain and grief. The wisdom that he gained enabled him to lead people through the most difficult circumstances to healing and new hope. Now, in Play the Ball Where the Monkey Drops It, Jones gently guides us through the inadequacies of the traditional solutions to the problem of evil, offering practical and compassionate answers to the deepest questions rooted in the experience of everyday life. Notable for its relevant real-life examples and its clarity, this book offers guidance and solace to anyone who has ever wondered, "Why me?"

### Play the Ball Where the Monkey Drops It

A life-changing guide to achieving your goals, by the 2013 NCAA champion college basketball coach and #1 New York Times bestselling author. Rick Pitino is famous as one of the most dynamic and successful basketball coaches of our time, leading the University of Louisville Cardinals to the NCAA

basketball championship in 2013, and is renowned for writing the #1 New York Times bestselling success and leadership book, *Success is a Choice*. In his new book, *The One-Day Contract*, Pitino details his key to success, on the court and in life: to focus on making the most of each day, by creating a contract with yourself. Coach Pitino was able to turn Louisville into NCAA champions by applying this idea to everything he and the team did—every practice, every recruiting visit, every game preparation, every scouting report, every instruction that he gave players and coaches, and everything he did himself. Each day became just as important as reaching the national championship, and so, by honoring the one-day contract, he and Louisville moved through adversity toward their goal. In this inspiring and practical guide, Coach Rick Pitino illustrates how to set your own one-day contract, and follow through to honor it for each day, each goal, and each interaction with another person. Pitino shows how to: - Establish focus as a discipline in everything you do: planning, strategy, priorities, and career advancement. - Discover the true key to success: not ambition, not wealth, not power, but humility. - Use technology wisely—but don't let it replace personal connection with the people you work and live with. - Own up to your problems, tell the truth and they will become part of your past. Lie and they become part of your future. - Make small changes and add value to every minute of your life. *The One-Day Contract* will reshape the way you approach your job, your goals, and your life.

### The One-Day Contract

**New York Times Bestseller** This big-hearted memoir by the most promising professional basketball player of his generation details his rise to NBA stardom, the terrible accident that ended his career and plunged him into a life-altering depression, and how he ultimately found his way out of the darkness. Ten years ago, Jay Williams was at the beginning of a brilliant professional basketball career. The Chicago Bulls' top draft pick—and the second pick of the entire draft—he had the great Michael Jordan's locker. Then he ran his high-performance motorcycle head-on into a light pole, severely damaging himself and ending his career. In this intense, hard-hitting, and deeply profound memoir, Williams talks about the accident that transformed him. Sometimes, the memories are so fresh, he feels like he'll never escape the past. Most days, he finds a quiet peace as a commentator on ESPN and as an entrepreneur who can only look back in astonishment at his younger self—a kid who had it all, thought he was invincible, and lost everything . . . only to gain new wisdom. Williams also shares behind the scenes details of life as an All-American. He tells it straight about the scandalous recruiting process and his decision to return to Duke and Coach K—a man who taught him about accountability—to finish his education. He also speaks out about corruption—among coaches, administrators, players, and alumni—and about his time in the NBA, introducing us to a dark underworld culture in the pros: the gambling, drugs, and sex in every city, with players on every team.

### Life Is Not an Accident

Now with a new chapter on the Wildcats' legendary comeback in the 2014 Final Four John Calipari, one of the most successful coaches in NCAA history, presents the world of college basketball from the coach's chair, unvarnished and straight from the heart. *Players First* is Calipari's account of his first six years coaching the University of Kentucky men's team, leading it to a national championship in 2012 and the championship game in 2014, all while dealing with the realities of the "one-and-done" mentality and an NCAA that sometimes seems to put players last. Filled with revelatory stories about what it takes to succeed at the highest level of the college game, *Players First* is a candid look at the great players and rivalries that have filled Calipari's life with joy and a sense of purpose.

### Players First

Basketball's most unlikely—and most sought-after—training guru offers an inside look at his career, his methods, and the all-star players whose games he's helped transform. Where do the best basketball players in the world turn when they want to improve their game? Whom does a future NBA Hall of Famer thank at his press conference when he's named Rookie of the Year? Who is it that *Sports Illustrated*, *The Wall Street Journal*, and *Men's Journal* all call the "Hoops Whisperer" because of his ability to engage, inspire, and challenge the players he trains? The answer to all of these questions is Idan Ravin. Ravin never played or coached in college or the pros, yet a virtual NBA All-Star team relies on him to better their game and reach their full potential. A soft-spoken former lawyer, Ravin has become professional basketball's hottest trainer. In *The Hoops Whisperer*, Ravin shares the fascinating story of how he transformed a passion for the game into working with iconic basketball stars such as Chris Paul, LeBron James, Kevin Durant, Carmelo Anthony, Stephen Curry, Blake Griffin, James Harden,

Dwight Howard, and many more. He offers a rare unguarded glimpse inside the lives of these great athletes, drawn from his intimate connection with them that is the basis of his success. Showcasing his unorthodox drills and improvisational techniques in action, Ravin reveals how faith, effort, dedication, and passion can make a player into a superstar—and anyone into a success. Combined with his own inspiring journey, Ravin's insights make *The Hoops Whisperer* a must-read for anyone who loves the game.

### The Hoops Whisperer

In the same vein as major bestsellers as Tony Dungy's *Quiet Strength*, Coach K's *Leading with the Heart*, and Bo's *Lasting Lessons* by Bo Schembechler, Coach Ken Carter brings us a highly personal motivational and inspirational book of dedicated life lessons. Accountability . . . Overcoming adversity . . . Taking charge of your life . . . Learning how to succeed when others expect you to fail. These are the essences of Coach Carter's basic building blocks for winning in life. From learning about the quality of one's character to the love of learning—as well as the importance of self-discipline and spirituality—Coach Carter takes you through his own life experiences and shows you how you, too, can become successful in your everyday life. His fundamental belief is that you must start with respect for others, your community, and your environment before you can attain your own goals, both personally and professionally. As the no-nonsense head coach of the Richmond High School boys' basketball team from 1997-2002, Ken "Coach" Carter gained nationwide fame when he locked his undefeated team out of the gym in order to push them to improve their grades. Since then, Coach Carter has remained in the public eye as a highly sought-after speaker—partaking in more than 125 speaking engagements per year—for youth groups and educational panels worldwide. In January 2012, Coach Carter opened the Coach Carter Impact Academy, which provides room and board, as well as a business school for developing entrepreneurs. Over the years, the author has received numerous awards and continues to help at-risk youth daily through the Coach Ken Carter Foundation. *Yes Ma'am, No Sir* spells out Coach's 12 lessons for success. Inspirational, motivational, and informational, this is must-reading for anyone who truly wants to know how to get ahead.

### Yes Ma'am, No Sir

Controversial, confrontational, and driven, Coach Geno Auriemma is a force to be reckoned with -- and the most accomplished male coach in women's basketball today. In his relentless quest for excellence at the University of Connecticut, he has led the Huskies to five national championships. Yet his soul never rests. For Auriemma, life affords only the briefest moments of happiness -- a good round of golf, forty minutes of great basketball, a day at the beach with his family, a nice glass of wine -- while disaster is seemingly always waiting to strike. It's a fatalistic philosophy, a remnant of his hardscrabble early years, but it's an outlook that has driven him to unparalleled success. In this deeply personal memoir, Geno Auriemma reveals for the first time the man behind the legend. He talks candidly about his coaching style, famed for being one of the most demanding in all the sports world. He spills the beans about his stormy dealings with other coaches such as his archrival, Pat Summitt, of the University of Tennessee. And with warmth and a genuine love for his champions, he writes openly about Diana Taurasi, Sue Bird, Nykesha Sales, Rebecca Lobo, Swin Cash, and all of his other UConn stars who have gone on to stellar WNBA careers. You get a courtside seat to all of the action -- including an epilogue on the 2004-05 season, as well as interviews with the team's most celebrated players. A rare look inside the soul of a true competitor, *GENO* is the story of how one passionate man overcame his own fears to achieve an extraordinary record of success.

### Geno

"A tour de force of reporting" (The Washington Post) from a Pulitzer-prize winning journalist that examines the often-corrupt machine producing America's basketball stars "Indispensable."—The Wall Street Journal "Often heart-breaking, always riveting."—The New York Times Book Review "Tremendous."—The Plain Dealer Winner of the PEN/ESPN Award for Literary Sportswriting • Winner of the Award for Excellence in the Coverage of Youth Sports Using eight years of unfettered access and a keen sense of a story's deepest truths, journalist George Dohrmann reveals a cutthroat world where boys as young as eight or nine are subjected to a dizzying torrent of scrutiny and exploitation. At the book's heart are the personal stories of two compelling figures: Joe Keller, an ambitious coach with a master plan to find and promote "the next LeBron," and Demetrius Walker, a fatherless latchkey kid who falls under Keller's sway and struggles to live up to unrealistic expectations. Complete with a new



“where-are-they-now” epilogue by the author, *Play Their Hearts Out* is a thoroughly compelling narrative exposing the gritty reality that lies beneath so many dreams of fame and glory. One of GQ'S 50 Best Books of Literary Journalism of the 21st Century • One of the Best Books of the Year: Los Angeles Times, The Christian Science Monitor, Kirkus Reviews This edition includes an exclusive conversation between George Dohrmann and bestselling author Seth Davis.

### Play Their Hearts Out

**NEW YORK TIMES BESTSELLER •** The NBA according to The Sports Guy—now updated with fresh takes on LeBron, the Celtics, and more! Foreword by Malcom Gladwell • “The work of a true fan . . . it might just represent the next phase of sports commentary.”—The Atlantic Bill Simmons, the wildly opinionated and thoroughly entertaining basketball addict known to millions as ESPN's The Sports Guy, has written the definitive book on the past, present, and future of the NBA. From the age-old question of who actually won the rivalry between Bill Russell and Wilt Chamberlain to the one about which team was truly the best of all time, Simmons opens—and then closes, once and for all—every major pro basketball debate. Then he takes it further by completely reevaluating not only how NBA Hall of Fame inductees should be chosen but how the institution must be reshaped from the ground up, the result being the Pyramid: Simmons's one-of-a-kind five-level shrine to the ninety-six greatest players in the history of pro basketball. And ultimately he takes fans to the heart of it all, as he uses a conversation with one NBA great to uncover that coveted thing: The Secret of Basketball. Comprehensive, authoritative, controversial, hilarious, and impossible to put down (even for Celtic-haters), *The Book of Basketball* offers every hardwood fan a courtside seat beside the game's finest, funniest, and fiercest chronicler.

### The Book of Basketball

For fans of the hit Netflix docuseries *The Last Dance*. During his storied career as head coach of the Chicago Bulls and Los Angeles Lakers, Phil Jackson won more championships than any coach in the history of professional sports. Even more important, he succeeded in never wavering from coaching his way, from a place of deep values. Jackson was tagged as the 'Zen master' half in jest by sportswriters, but the nickname speaks to an important truth: this is a coach who inspired, not goaded; who led by awakening and challenging the better angels of his players' nature, not their egos, fear, or greed. This is the story of a preacher's kid from North Dakota who grew up to be one of the most innovative leaders of our time. In his quest to reinvent himself, Jackson explored everything from humanistic psychology and Native American philosophy to Zen meditation. In the process, he developed a new approach to leadership based on freedom, authenticity, and selfless teamwork that turned the hyper-competitive world of professional sports on its head. In *Eleven Rings*, Jackson candidly describes how he: - Learned the secrets of mindfulness and team chemistry while playing for the champion New York Knicks in the 1970s - Managed Michael Jordan, the greatest player in the world, and got him to embrace selflessness, even if it meant losing a scoring title - Forged successful teams out of players of varying abilities by getting them to trust one another and perform in sync - Inspired Dennis Rodman and other 'uncoachable' personalities to devote themselves to something larger than themselves - Transformed Kobe Bryant from a rebellious teenager into a mature leader of a championship team. Eleven times, Jackson led his teams to the ultimate goal: the NBA championship six times with the Chicago Bulls and five times with the Los Angeles Lakers. We all know the legendary stars on those teams, or think we do. What *Eleven Rings* shows us, however, is that when it comes to the most important lessons, we don't know very much at all. This book is full of revelations: about fascinating personalities and their drive to win; about the wellsprings of motivation and competition at the highest levels; and about what it takes to bring out the best in ourselves and others.

### Eleven Rings

What's it like to start a revolution? How do you build the biggest tech company in the world? And why do you walk away from it all? Paul Allen co-founded Microsoft. Together he and Bill Gates turned an idea writing software into a company and then an entire industry. This is the story of how it came about: two young mavericks who turned technology on its head; the bitter battles as each tried to stamp his vision on the future; and, the ruthless brilliance and fierce commitment. And finally, Allen's extraordinary step in walking away from it all to discover what it is you do after you've already changed the world.

### Idea Man

Morgan Eye grew up in tiny Montrose, Missouri, a town of less than 400 people with a graduating class of 12. But that never stopped her from dreaming big. She wanted to be the best basketball player she could be. She wanted to win a state championship and then go on to play big-time college basketball. It seemed like something impossible for a girl from such an out-of-the-way place that didn't even have its own spotlight. But Morgan never took no for an answer. With hard work and dedication - and a lot of help along the way - she lived out her dreams, and set all sorts of records along the way. This is Morgan's story, the highs and the lows, and all the challenges that face a young woman reaching out to accomplish her goals, both on and off the basketball court.

### The Eye In Team

A powerful story of the unprecedented athletic feats and accomplishments of one of the greatest baseball players to ever live . . . and the faith that has made them possible. After only ten seasons, the St. Louis Cardinals' Albert Pujols is already one of the greatest players to have ever laced up a pair of spikes. But when adulation and glory come his way, Pujols is quick to credit another to point people to his hero. "At the end of the day," he says, "as long as I glorify Him, and those 45,000 people know who I represent ... that's what it's about. It's about representing God." In *Pujols: More Than the Game*, authors Tim Ellsworth and Scott Lamb will satisfy fans who like their baseball slathered in stats and stories . . . while at the same time, shedding light on the faith that makes it all possible. "Albert Pujols has a chance to be known as the greatest player in the history of baseball. There are numerous statistical measurements to make the point, including the simple point that through age thirty he has more homers than Babe Ruth, more hits than Pete Rose, more RBIs than Hank Aaron, and more runs than Rickey Henderson did at the same age. Yes, it's okay to think about that for a moment. But Pujols' argument for greatest player ever isn't nearly as interesting or significant as the fact that there even is an argument. That's because perhaps the most amazing thing about Albert Pujols is that less than two years before he began one of the greatest rookie seasons in baseball history, he was a non-prospect." -Joe Posnanski, Senior Writer at *Sports Illustrated* (included in the Foreword) "Pujols is full of nuggets. Given that the action in the famous poem "Casey at the Bat" starts with "Cooney died at first, and Barrows did the same," I enjoyed reading that Albert Pujols asks opposing runners at first base, "If you died today, where do you think you're going to go?" Lamb and Ellsworth lucidly describe both the season-by-season baseball exploits of Pujols and the impact he's having on some lives for eternity." -Marvin Olasky, Editor-in-chief, *World*

### Pujols

With a new introduction, Phil Jackson's modern classic of motivation, teamwork, and Zen insight is updated for a whole new readership "Not only is there more to life than basketball, there's a lot more to basketball than basketball." --Phil Jackson Eleven years ago, when Phil Jackson first wrote these words in *Sacred Hoops*, he was the triumphant head coach of the Chicago Bulls, known for his Zen approach to the game. He hadn't yet moved to the Los Angeles Lakers, with whom he would bring his total to an astounding nine NBA titles. In his thought-provoking memoir, he revealed how he directs his players to act with a clear mind -- not thinking, just doing; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos; to put the "me" in service of the "we" -- all lessons applicable to any person's life, not just a professional basketball player's. This inspiring book went on to sell more than 400,000 copies. In his new introduction, Jackson explains how the concepts in *Sacred Hoops* are relevant to the issues facing his current team -- and today's reader.

### Sacred Hoops

In this inspirational yet practical book, the man *Parade* called "the most important coach in America," subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping

to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to “go inside” and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own InSideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann’s message and learn how to make sports a life-changing experience.

### InSideOut Coaching

In *The Meaning of Sports*, Michael Mandelbaum, a sports fan who is also one of the nation’s preeminent foreign policy thinkers, examines America’s century-long love affair with team sports. In keeping with his reputation for writing about big ideas in an illuminating and graceful way, he shows how sports respond to deep human needs; describes the ways in which baseball, football and basketball became national institutions and how they reached their present forms; and covers the evolution of rules, the rise and fall of the most successful teams, and the historical significance of the most famous and influential figures such as Babe Ruth, Vince Lombardi, and Michael Jordan. Whether he is writing about baseball as the agrarian game, football as similar to warfare, basketball as the embodiment of post-industrial society, or the moral havoc created by baseball’s designated hitter rule, Mandelbaum applies the full force of his learning and wit to subjects about which so many Americans care passionately: the games they played in their youth and continue to follow as adults. By offering a fresh and unconventional perspective on these games, *The Meaning of Sports* makes for fascinating and rewarding reading both for fans and newcomers.

### The Meaning Of Sports

Describes the skills and strategies for effective basketball shooting, covering long-range three-pointers, jumpers, bank shots, and free throws, and includes tips, techniques, and drill exercises for individuals and teams.

### Basketball Shooting

The bestselling inspirational book in which the author reunites with a childhood football hero, now a minister and coach, and witnesses a revelatory demonstration of the true meaning of manhood—*Season of Life* is a book that “should be required reading for every high school student in America and every parent as well” (Carl Lewis, Olympic champion). Joe Ehrmann, a former NFL football star and volunteer coach for the Gilman high school football team, teaches his players the keys to successful defense: penetrate, pursue, punish, love. Love? A former captain of the Baltimore Colts and now an ordained minister, Ehrmann is serious about the game of football but even more serious about the purpose of life. *Season of Life* is his inspirational story as told by Pulitzer Prize-winning journalist Jeffrey Marx, who was a ballboy for the Colts when he first met Ehrmann. Ehrmann now devotes his life to teaching young men a whole new meaning of masculinity. He teaches the boys at Gilman the precepts of his Building Men for Others program: Being a man means emphasizing relationships and having a cause bigger than yourself. It means accepting responsibility and leading courageously. It means that empathy, integrity, and living a life of service to others are more important than points on a scoreboard. Decades after he first met Ehrmann, Jeffrey Marx renewed their friendship and watched his childhood hero putting his principles into action. While chronicling a season with the Gilman Greyhounds, Marx witnessed the most extraordinary sports program he’d ever seen, where players say “I love you” to each other and coaches profess their love for their players. Off the field Marx sat with Ehrmann and absorbed life lessons that led him to reexamine his own unresolved relationship with his father. *Season of Life* is a book about what it means to be a man of substance and impact. It is a moving story that will resonate with athletes, coaches, parents—anyone struggling to make the right choices in life.

### Season of Life

*The Mamba Mentality: How I Play* is Kobe Bryant’s personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the

late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe “The Black Mamba” Bryant decided to share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary “Mamba mentality.” Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game how to play it “the right way,” *The Mamba Mentality* takes us inside the mind of one of the most intelligent, analytical, and creative basketball players ever. In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his passion for the game, how he played through injuries. They’ll also get fascinating granular detail as he breaks down specific plays and match-ups from throughout his career. Bryant’s detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant’s very first NBA photo in 1996 and his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer. The combination of Bryant’s narrative and Bernstein’s photos make *The Mamba Mentality* an unprecedented look behind the curtain at the career of one of the world’s most celebrated and fascinating athletes.

### The Mamba Mentality

Instant New York Times, USA Today, Publishers Weekly, and Wall Street Journal Bestseller! A powerful and unexpected memoir of family, faith, tragedy, and life’s most important lessons. The day after future NBA superstar Chris Paul signed his letter of intent to play college basketball for Wake Forest, he received a world-shattering phone call. His grandfather, Nathaniel “Papa” Jones, a pillar of the Winston-Salem community where he owned and operated the first Black-owned service station in North Carolina, was mugged and ultimately died from a heart attack resulting from the assault. His funeral filled the largest church in the county, which held over one thousand people. He was sixty-one years old. The day after burying his grandfather, Chris was coping the best way he knew how: by playing basketball for his high school team. After pouring in shot after shot, his last attempt was an airball purposely flung out of bounds from the foul line before Chris exited the game. The next day, local news headlines declared that he fell six points shy of the statewide single game high school scoring record. But he accomplished exactly what he set out to do: scoring sixty-one points, one for each year of life lived by his grandfather. In *Sixty-One*, Chris opens up about life beyond basketball and the role his grandfather played in molding him into the man and father he is today. He’ll speak about the foundation of faith and family he built his life upon, what it means to be a positive light within your community and beyond, and the importance of setting the proper example for future generations. Most importantly, Chris will talk about his home, Winston-Salem, and the close-knit family and village that raised him to become one of the most respected leaders in all of sports.

### Sixty-One

Take Jay Bilas’s toughness techniques to the next level by tracking your performance and mastery of his concepts in this companion journal.

### Toughness Journal

In this “gripping” (TechCrunch), “eye-opening” (Gayle King, Oprah Daily) memoir of mental illness and entrepreneurship, the co-founder of the menswear startup Bonobos opens up about the struggle with bipolar disorder that nearly cost him everything. “Arrestingly candid . . . the most powerful book I’ve read on manic depression since *An Unquiet Mind*.”—Adam Grant, #1 New York Times bestselling author of *Think Again* and host of *WorkLife* ONE OF THE MOST ANTICIPATED BOOKS OF 2022—Forbes At twenty-eight, fresh from Stanford’s MBA program and steeped in the move-fast-and-break-things ethos of Silicon Valley, Andy Dunn was on top of the world. He was building a new kind of startup—a digitally native, direct-to-consumer brand—out of his Manhattan apartment. Bonobos was a new-school approach to selling an old-school product: men’s pants. Against all odds, business was booming. Hustling to scale the fledgling venture, Dunn raised tens of millions of dollars while boundaries between work and life evaporated. As he struggled to keep the startup afloat, Dunn was haunted by a ghost: a diagnosis of bipolar disorder he received after a frightening manic episode in college, one that had punctured the idyllic veneer of his midwestern upbringing. He had understood his diagnosis as an unspeakable shame that—according to the taciturn codes of his fraternity, the business world, and even his family—should be locked away. As Dunn’s business began to take off, however, some of the

very traits that powered his success as a founder—relentless drive, confidence bordering on hubris, and ambition verging on delusion—were now threatening to undo him. A collision course was set in motion, and it would culminate in a night of mayhem—one poised to unravel all that he had built. *Burn Rate* is an unconventional entrepreneurial memoir, a parable for the twenty-first-century economy, and a revelatory look at the prevalence of mental illness in the startup community. With intimate prose, Andy Dunn fearlessly shines a light on the dark side of success and challenges us all to take part in the deepening conversation around creativity, performance, and disorder.

Burn Rate

The Leadership Playbook