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Titolo	Training camp [[electronic resource]] : what the best do better than everyone else / / by Jon Gordon
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley & Sons, 2009
ISBN	1-282-12215-0 1-118-25747-2 0-470-50308-4 9786612122156 0-470-50311-4
Edizione	[1st edition]
Descrizione fisica	1 online resource (98 p.)
Disciplina	650.1
Soggetti	Success Struggle
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Kick off -- Ankle sprain -- Press conference -- Pain -- The phone call -- Treatment -- Questions -- On the sideline -- The playbook -- The telescope -- Continuous improvement -- The benefits of a coach -- The myth -- The game day principle -- Ten percent better -- The microscope -- Mental zoom focus -- Patience -- Mental toughness -- Twenty ways to get mentally tough -- A bad day -- Heal strong -- Feeling better -- Preparation -- The cut -- Faith -- The fishing trip -- Story and belief -- Tests -- Pressure -- Seize the moment -- The breaking point -- The spotlight -- Celebration -- Final cuts -- Leave a legacy -- The day -- The coin -- The final lesson -- A new beginning.
Sommario/riassunto	"Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, an un-drafted rookie trying to make it in the NFL. He's spent his entire life proving to the critics that a small guy with a big heart can succeed against all odds. After spraining his ankle in the pre-season, Martin thinks his dream is lost when he happens to meet a very special coach who shares eleven life-changing lessons that keep his dream alive--and might even make him the best of the best. If you

want to be your best--Training Camp offers an inspirational story and real-world wisdom on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it"--Resource description page.

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