

Sacred Hoops Spiritual Lessons Of A Hardwood Warrior

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Leading with the Heart

MIND GAMES follows the journey of Phil Jackson to the top of basketball's coaching hierarchy, a rise that took him from obscurity in the Continental Basketball Association to nine championship rings in the NBA. Along the way he turned multimillionaire players on to meditation, transformed the Michael Jordan-led Chicago Bulls from a one-man show to a five-man team of domination, and after battling with Bulls management, ended one dynasty to start another on the West Coast. Sportswriter Roland Lazenby, author of the bestselling BLOOD ON THE HORNS, reveals the fascinating story of Jackson's life, from his years with the New York Knicks under the legendary Red Holzman to his remarkable nine championships coaching first the Chicago Bulls and then the Los Angeles Lakers. In MIND GAMES Lazenby compellingly portrays a man with a unique determination to control the competitive environment he inhabits. A clear picture of the Jackson mystique emerges: philosopher, teacher, manipulator, counselor, psychologist, shaman, champion, master of mind games. Originally published in 2007, now available in eBook format for the first time.

Toughness

The former UCLA men's basketball coach reflects on his career, his life outside of basketball, and the impact some of his top players had on the NBA.

More Than a Game

Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform

the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. Mumford's deeply moving personal story is unforgettable. A basketball player at the University of Massachusetts (where he roomed with Dr. J, Julius Erving), injuries forced Mumford out of the game he loved. The meds that relieved the pain of his injuries also numbed him to the emptiness he felt without the game and eventually led him to heroin. After years as a functioning addict, Mumford enrolled in Dr. Jon Kabat-Zinn's Mindfulness Based Stress Reduction program, and made meditation, on and off the cushion, the center of his life. He kicked drugs, earned a master's degree in counseling psychology and began teaching meditation to inmates and others. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger than life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson. "Self-consciousness is when you're focused on how you're doing instead of what you're doing. We have to learn how to push and challenge ourselves, but not in an insensitive way. Honing your performance really comes down to being comfortable with being uncomfortable." —George Mumford

The Hoops Whisperer

If you could bring more than 40 of the world's best volleyball coaches together, do you think they might have some interesting things to say? That's what we've done with *Volleyball Coaching Wizards*. This book shares some of those insights. Discover what coaches with tens of thousands of wins and hundreds of championships at all different levels think about things like: - Developing a team culture and good team chemistry - Making non-starters feel like they are important - Getting the most out of your best players - Planning highly effective practice sessions - Ways to get the most from training games - Maintaining a confident team - Managing the team in matches - Being the best coach you can be, now and as you progress Who are these great coaches? We can't list them all, but here are some of those whose wisdom and insight contributed to this book. Jan De Brandt: Professional coach in several countries and internationally for Belgium and Hungary. Winner of the European League, CEV club competition medals, and domestic league and cup titles. Sue Gozansky: Winner of 3 National Championships and nearly 700 NCAA collegiate matches. AVCA Hall of Fame. FIVB coaching instructor. Multiple book author. Giovanni Guidetti: Winner of multiple CEV Champions League gold medals and FIVB Club World Championships. Led the Dutch Women's National team to the medal round of the 2016 Olympics. Mick Haley: NCAA Division I national championships with two different universities. Multiple 2-year college national titles. More than 1000 total victories. US Women's National Team Olympic coach. AVCA Hall of Fame. Vital Heynen: 2018 World Championships gold medal as Polish national team coach, and 2014 bronze medal as German coach. Four league titles, 5 Cups, and 4 Super Cups in Belgium. Two CEV Cup medals. Additional national team experience with Belgium. Coach of professional teams in

Turkey, Poland, France, and Germany. Anders Kristiansson: Winner of 26 men's and women's championships in Sweden, 15 in Belgium, 3 in Greece. CEV Champions League Final Four on four occasions - 2 finals. Coached Sweden to silver at the 1989 European Championships. Carl McGown: Over 40 years experience in the USA National Team program; 13 seasons as head coach at BYU, winning 2 national championships; Swiss league and cup titles; AVCA Hall of Fame. Tom Turco: Winner of nearly 20 state high school championships. AVCA National Coach of the Year in 2008 and NHSCA National Volleyball Coach of the Year in 2012. Teams won a record 110 matches in a row from 2003 to 2007. Take your volleyball coaching to the next level with insights from those who are already at where you want to be! What is Volleyball Coaching Wizards? The Volleyball Coaching Wizards project is about identifying great coaches from all categories of volleyball and making their experience, insights, and expertise available to people all over the world. We interview coaches from across the globe, all age groups, both genders, all competitive levels, indoor and beach. They share with us their philosophies, their thought processes, and their methodologies. We then share that with you.

Three-Ring Circus

In February 2008, Bill Walton, after climbing to the top of every mountain he ever tried, suffered a catastrophic spinal collapse--the culmination of a lifetime of injuries--that left him in excruciating, debilitating, and unrelenting pain. Unable to walk, he underwent pioneering surgery and slowly recovered. The ordeal tested Walton to the fullest, but with extraordinary determination and sacrifice, he recovered. Now Bill Walton shares his life story in this remarkable memoir. Walton, the son of parents with no interest in athletics, played basketball in every spare moment. An outstanding player on a great high school team, he only wanted to play for John Wooden at UCLA--and Wooden wanted him. Walton was deeply influenced by the culture of the 1960s, but he respected the thoughtful, rigorous Wooden, who seemed immune to the turmoil of the times. Other than his parents, Wooden would be the greatest influence in Walton's life--the two would speak nearly every day for 43 years until Wooden's death. Throughout a brilliant championship career, accumulating injuries would afflict Walton. He would lose almost two-thirds of his playing time to injury. After his playing days ended, Walton chose a career in broadcasting, despite being a lifelong stutterer--once again he overcame a physical limitation and eventually won multiple broadcasting accolades. Wooden once said that no greatness ever came without sacrifice--nothing better illustrates this notion than Walton's life.--Adapted from dust jacket.

The Last Season

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 hadnt 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.

Forty Minutes of Hell

An opinionated tour of the past, present, and future of pro basketball, written by ESPN's "Sports Guy" columnist, shares insights on everything from major NBA events and underrated players to how Hall of Famers should be selected.

Hoops

J-Rod moves like a small tank on the court, his face mean, staring down his opponents. "I play just like my father," he says. "Before my father died, he was a problem on the court. I'm a problem." Playing basketball for him fuses past and present, conjuring his father's memory into a force that opponents can feel in each bone-snapping drive to the basket. On the street, every ballplayer has a story. Onaje X. O. Woodbine, a former streetball player who became an all-star Ivy Leaguer, brings the sights and sounds, hopes and dreams of street basketball to life. He shows that big games have a trickster figure and a master of black talk whose commentary interprets the game for audiences. The beats of hip-hop and reggae make up the soundtrack, and the ballplayers are half-men, half-heroes, defying the ghetto's limitations with their flights to the basket. Basketball is popular among young black American men but not because, as many claim, they are "pushed by poverty" or "pulled" by white institutions to play it. Black men choose to participate in basketball because of the transcendent experience of the game. Through interviews with and observations of urban basketball players, Onaje X. O. Woodbine composes a rare portrait of a passionate, committed, and resilient group of athletes who use the court to mine what urban life cannot corrupt. If people turn to religion to reimagine their place in the world, then black streetball players are indeed the hierophants of the asphalt.

The Book of Basketball

Bob Greene shows us a side of Michael Jordan that doesn't make the sports page inside. Journalist and bestselling author Bob Greene stepped into Michael Jordan's world just as Jordan was reaching the apex of his talent and his fame. With Greene, Jordan let down his guard. In an extraordinary book that transcends sports biography, Greene takes the reader along with Jordan over two seasons with the Chicago Bulls, during glorious championship surges and trying personal moments. With rare insight, Greene reveals the person inside the icon: a man who makes millions but cannot go for a quiet walk around the block without getting mobbed, a man who competes ferociously on the court, but who performs some of his most remarkable and unexpected feats away from the limelight. Drawn from inside Michael Jordan's daily life, rich with the sound of Jordan's own voice, Hang Time is a startlingly candid and intimate story of time spent with a champion, and of the growing friendship between two men.

Black Gods of the Asphalt

A popular ESPN basketball analyst and former Duke player reveals the successful work ethic he learned under Mike "Coach K" Krzyzewski, tracing his career while imparting the importance of his mentors' respective definitions of toughness to explain how they can be applied effectively to athletic and personal goals. 50,000 first printing.

Sacred Hoops

From 1920 to 1940, the Harlem Renaissance produced a bright beacon of light that paved the way for African-Americans all over the country. The unapologetic writings of W. E. B. Du Bois and Marcus Garvey, the fervent fiction and poetry of Zora Neale Hurston and Langston Hughes, the groundbreaking art of Aaron Douglas and William H. Johnson, and the triumphant music of Duke Ellington and Louis Armstrong gave voice and expression to the thoughts and emotions that Jim Crow segregation laws had long sought to stifle. In *On the Shoulders of Giants*, indomitable basketball star and bestselling author and historian Kareem Abdul-Jabbar invites the reader on an extraordinarily personal journey back to his birthplace, through one of the greatest political, cultural, literary, and artistic movements in our history, revealing the tremendous impact the Harlem Renaissance had on both American culture and his own life. Beginning with the rise of the Harlem Rens as pioneers of professional basketball, Kareem traces the many streams of historical influence that converged to create the man he is today -- the NBA's all-time leading scorer and a veritable African-American icon. Travel deep into the soul of the Renaissance -- to the night clubs, restaurants, basketball games, and fabulous parties that have made footprints in Harlem's history. Meet the athletes, jazz musicians, comedians, actors, politicians, entrepreneurs, and writers who not only inspired Kareem's rise to greatness but an entire nation's. Kareem Abdul-Jabbar was born in the midst of a cultural reawakening, carried on the shoulders of athletes trying to prove there was a lot more at stake than a ball game, men and women who made music that could break your heart, and writers and intellectuals who gave voice to not just the ideals of a movement but the raw emotions. Kareem tells what it took to get these revolutionaries to Harlem and how they changed the world. A world that is still riding on the shoulders of giants.

The Boys of Dunbar

The inside story of one of basketball's most legendary and game-changing figures A New York Times bestseller 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 hypercompetitive 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. From the Trade Paperback edition.

Sacred Hoops: Spiritual Lessons of a Hardwood Warrior

Discover an epic historical novel of a young saint escaping death from Pulitzer Prize finalist Luis Alberto Urrea, author of *The House of Broken Angels*. This historical novel is based on Urrea's real great-aunt Teresita, who had healing powers and was acclaimed as a saint. Urrea has researched historical accounts and family records for years to get an accurate story.

Driven from Within

The author shares lessons he learned throughout his athletic career, explaining how he approached baseball philosophically and learned to be still, live in the present, and achieve mindfulness in spite of challenges and fame.

The Hummingbird's Daughter

“Nolan Richardson’s extraordinary life and success as the University of Arkansas’ coach are an important chapter in the history of our country’s struggle for racial equality, with all the excitement of the Final Four. What an incredible journey!” —President Bill Clinton
Forty Minutes of Hell by Rus Bradburd is an intricate exploration of the politics of race and sports, from the Jim Crow era until today, witnessed through the life of legendary African-American basketball coach and NCAA Title winner Nolan Richardson. A remarkable story of pride, courage, and accomplishment in the face of discrimination, *Forty Minutes of Hell* is also a fascinating window into the world of elite collegiate sports. NBA legend Charles Barkley calls this inspiring and important biography, “A great story about America and its hidden histories.” Every American should thank [Richardson] for showing us it was possible.”

The Mindful Athlete

One of the most successful coaches in NBA history, Phil Jackson provides an inside look at the higher wisdom of teamwork with Sacred Hoops -- Jackson's philosophy of mindful basketball and his life-long quest to bring enlightenment to the competitive world of professional sports. A new paradigm of leadership based on Eastern and Native American principles, Jackson's approach flies in the face of the egoistic, winner-take-all attitude that has changed the face of American sports. Rather than winning through intimidation, Jackson -- who describes himself as a Zen Christian -- stresses awareness, compassion and most of all selfless team play. Filled with stories about Michael Jordan, Scottie Pippen, Toni Kukoc and other members of the Bulls

Stuff Good Players Should Know

With eleven championship rings to his name, Phil Jackson is internationally recognized as one of the greatest coaches in the history of the NBA. Known as a defensive disrupter and a master fouler during his early days as a New York Knick and later celebrated as the "Zen Master" for his inspirational tactics as a leader, Jackson has had a long and storied career marked by constant self-reflection and reinvention. This is the man who led Michael Jordan and the Chicago Bulls to six championships, Kobe Bryant and the Los Angeles Lakers to five; who was inducted into the Basketball Hall of Fame; and who retired in 2011, an official legend--and the most sought-after free-agent coach in history. As befits a legend, Jackson has written several candid, insightful books about his life and career, but now one of America's most respected sportswriters turns an unvarnished light on Jackson's strange and remarkable journey, from his sheltered childhood and adolescence in Montana and North Dakota, through his years playing at Madison Square Garden, to his experiences coaching Jordan, Bryant, and more of the greatest players of our time. New York Times-bestselling author Peter Richmond has written a personal, definitive, revealing biography of a veritable sports genius, and an American classic.

Jump Attack

One of the great coaches of the NBA reveals how he turned the Lakers around, teaching discipline to a seemingly undisciplined team and leading the Lakers to a world championship, and examines the key role of the Triangle offense. Reprint. 35,000 first printing.

Phil Jackson

Phil Jackson offers his own take on his 2003-2004 season with the Los Angeles Lakers, chronicling the difficulties faced by the team--difficult relationships, public feuds, and injuries--and their successful journey to the NBA finals.

Pistol

Bill Russell was the greatest team basketball player ever. [He] has produced a moving tribute to his friend and, in a larger sense, to friendship. Booklist In Red and Me, Boston Celtics basketball legend Bill Russell pays homage to his mentor and coach, the inimitable Red Auerbach. A poignant remembrance of a life-altering relationship in the tradition of Big Russ and Me and Tuesdays With Morrie, Red and Me tells an unforgettable story of one unlikely and enduring friendship set against the backdrop of the greatest basketball dynasty in NBA history.

The Four Sacred Gifts

The UCLA Bruins coach pays tribute to the individuals who helped foster the values that shaped his career, and shares interviews with people he mentored throughout the years, including Kareem Abdul-Jabbar and Bill Walton.

Volleyball Coaching Wizards - Wizard Wisdom

What Is Meditation? explains the Buddhist worldview and the age-old practice it perfected to unfold our innate qualities of compassion, self-acceptance, and inner peace. Rob Nairn gives step-by-step instructions for beginning your own meditation practice, including three simple exercises—"Bare Attention," "Remaining in the Present," and "Meditation Using Sound"—to help get you started.

Moment by Moment

The inspiring true story of a remarkable coach whose superb undefeated high-school basketball team in 1980s Baltimore produced four NBA players and gave hope to a desperate neighborhood and city—a feel-good story that is timely as well as true (Glenn C. Altschuler, Florida Courier). As the crack epidemic swept across inner-city America in the early 1980s, the streets of Baltimore were crime ridden. For poor kids from the housing projects, the future looked bleak. But basketball could provide the quickest ticket out, an opportunity to earn a college scholarship and perhaps even play in the NBA. Dunbar High School had one of the most successful basketball programs in the country; in the early 1980s, the Dunbar Poets were arguably the best high school team of all time. Four starting players—Muggsy Bogues, Reggie Williams, David Wingate, and Reggie Lewis—would eventually play in the NBA, an unheard-of success rate. In The Boys of Dunbar, Alejandro Danois revisits the 1981-1982 season with the Poets as the team conquered all its opponents. But more than that, he takes us into the lives of these kids, and especially of Coach Bob Wade, a former NFL player from the same neighborhood who knew that the basketball court, and the lessons his players would learn there, held the key to the future. [Danois] tale of the basketball exploits of a handful of high school students in the 1980s shows young men motivated by their coach and other recreation leaders to dream beyond the hardship of their geography (Bijan C. Bayne, The Washington Post). Inspirational stories can be found everywhere in high-school sports, but Dunbar and its legendary coach, Bob Wade, stand out (Booklist). The Boys of Dunbar will leave you cheering every victory.

Black Elk Speaks

The famous story of the Lakota healer and visionary, Nicholas Black Elk.

Red and Me

Recounts the life and achievements of the troubled 1970s basketball star, from his relationship with his obsessive father and unbroken college scoring record to the personal demons that challenged his life and his evangelical Christian faith.

The Way of Baseball

'A part of all those people who helped me along the way can be found in everything I have done and continue to do. I had some great teachers - and I listened to what they had to say.' - Michael Jordan A global icon in sports, style and business, Michael Jordan is famous for his unrivalled athletic ability, his fierce determination, and his grace under pressure. In DRIVEN FROM WITHIN, he makes it clear that his phenomenal success is thanks in large part to the teachers, mentors and friends who have guided him throughout his life. Here is a book about the power of collaboration and teamwork, the energy that is released when people share their gifts and hard-won knowledge. With almost two million copies of his three previous books in print, Michael Jordan has proven himself to be as strong a performer in bookstores as he is on the court. Lavishly illustrated and beautifully designed, this is Michael Jordan's most intimate book to date. Organized around the qualities that Jordan demonstrates in his own life and that he looks for in others - qualities like authenticity, integrity, passion and commitment - DRIVEN FROM WITHIN is an inspiring record of an extraordinary life.

Sacred Hoops

A Game Plan for Life

****The Instant National Bestseller**** The standout memoir from NBA powerhouse Andre Iguodala, the indomitable sixth man of the Golden State Warriors. Andre Iguodala is one of the most admired players in the NBA. And fresh off the Warriors' fifth Finals appearance in five years, his game has never been stronger. Off the court, Iguodala has earned respect, too--for his successful tech investments, his philanthropy, and increasingly for his contributions to the conversation about race in America. It is no surprise, then, that in his first book, Andre, with his cowriter Carvell Wallace, has pushed himself to go further than he ever has before about his life, not only as an athlete but about what makes him who he is at his core. The Sixth Man traces Andre's journey from childhood in his Illinois hometown to his Bay Area home court today. Basketball has always been there. But this is the story, too, of his experience of the conflict and racial tension always at hand in a professional league made up largely of African American men; of whether and why the athlete owes the total sacrifice of his body; of the relationship between competition and brotherhood among the players of one of history's most glorious championship teams. And of

what motivates an athlete to keep striving for more once they've already achieved the highest level of play they could have dreamed. On drive, on leadership, on pain, on accomplishment, on the shame of being given a role, and the glory of taking a role on: This is a powerful memoir of life and basketball that reveals new depths to the superstar athlete, and offers tremendous insight into most urgent stories being told in American society today.

The Sacred Hoop

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 Sixth Man

In his more than twenty years coaching the Blue Devils, Coach Mike Krzyzewski has made his program the most admired in the nation, with back-to-back national championships in '91, '92, and again in 2001, and ten Final Four appearances since 1986. Now, in *Leading with the Heart*, Coach K talks about leadership-how you earn it, how you practice it, and how you use it to move your organization to the top. From the importance of trust, communication, and pride, to the commitment a leader must make to his team, this inspiring book is a must-read for anyone who loves college basketball-or who simply wants to win in any competitive environment today.

Mind Games

An ALA-YALSA Best Book for Young Adults New Bonus Content: -Q&A with Walter Dean Myers -Q&A with screenwriter John Ballard -Teaser chapter from *On a Clear Day* -Excerpt from *145th Street* All eyes are on seventeen-year-old Lonnie Jackson while he practices with his team for a city-wide basketball Tournament of Champions. His coach, Cal, knows Lonnie has what it takes to be a pro basketball player, but warns him about giving in to the pressure. Cal knows because he, too, once had the chance—but sold out. As the tournament nears, Lonnie learns that some heavy bettors want Cal to keep him on the bench so that the team will lose the championship. As the last seconds of the game tick away, Lonnie and Cal must make a decision. Are they willing to blow the chance of a lifetime?

Back from the Dead

The Pulitzer Prize-winning journalist looks at the life and times of the Chicago Bulls superstar "The best Jordan book so far" (The Washington Post). One of sport's biggest superstars, Michael Jordan is more than an internationally renowned athlete. As illuminated through David Halberstam's trademark balance of impeccable research and fascinating storytelling, Jordan symbolizes the apex of the National Basketball Association's coming of age. Long before multimillion-dollar signings and lucrative endorsements, NBA players worked in relative obscurity, with most games woefully unattended and rarely broadcast on television. Then came Larry Bird and Magic Johnson, Jordan's two great predecessors, and the game's status changed. The new era capitalized on Jordan's talent, will power, and unrivaled competitiveness. In *Playing for Keeps*, Halberstam is at his investigative best, delving into Jordan's expansive world of teammates and coaches. The result is a gripping story of the athlete and media powerhouse who changed a game forever. This ebook features an extended biography of David Halberstam.

The Jewish Jordan's Triple Threat

In *The Four Sacred Gifts*, visionary international business consultant Anita Sanchez, PhD, reveals the timely prophecy entrusted to her by a global collective of indigenous elders—four guiding gifts that "will allow you to set yourself free to live your most successful life—learn how to forgive, to heal, to unite with all life, and to revitalize hope" (Jack Canfield, co-author of *Chicken Soup for the Soul*). As we ride the powerful waves of change occurring in our economic, social, political, and physical environment, indigenous wisdom is needed—now more than ever—to guide us to inhabit the fullest and healthiest lives possible. *The Four Sacred Gifts* opens your mind and heart to an indigenous worldview that will ultimately free you from fear and empower you to find peace even in the conflicts of our tumultuous world. Based on a prophecy that is now coming true, this book reveals how our world depends on each of us discovering an interconnectedness to people, earth, and animals, in the awareness that we are "all one relation." Within these pages, you will find deep wisdom of elders from all continents as they come together to give you four sacred gifts: the power to forgive the unforgivable, the power of unity, the power of healing, and the power of hope. These gifts will guide you to transformation, and support your journey to wholeness. By following the powerful principles, lessons, and tools found in this book, you will experience personal breakthroughs, become a force for conscious, societal evolution, and learn to live in deeper harmony with all of humanity.

What Is Meditation?

L.A. Lakers coach Phil Jackson shares his experience of combining sports and spirituality to lead his team to success, explaining how to nurture a positive group dynamic and detailing the methods he uses to teach his players how to think collectively, overcome anger, and look beyond jealousy. Reissue.

Maverick

The story of the Lakers dynasty from 1996 through 2004, when Kobe Bryant and Shaquille O'Neal combined—and collided—to help bring the Lakers three straight championships and restore the franchise as a powerhouse In the history of modern sport, there have never been two high-level teammates who loathed each other the way Shaquille O'Neal loathed Kobe Bryant, and Kobe Bryant loathed Shaquille O'Neal. From public sniping and sparring, to physical altercations and the repeated threats of trade, it was warfare. And yet, despite eight years of infighting and hostility, by turns mediated and encouraged by coach Phil Jackson, the Shaq-Kobe duo resulted in one of the greatest dynasties in NBA history. Together, the two led the Lakers to three straight championships and returned glory and excitement to Los Angeles. In the tradition of Jeff Pearlman's bestsellers Showtime, Boys Will Be Boys, and The Bad Guys Won, Three-Ring Circus is a rollicking deep dive into one of sports' most fraught yet successful pairings.

Playing for Keeps

"This is a very useful guide for living mindfully. I hope you will return to it again and again and practice wholeheartedly the exercises Dr. Braza offers." —Thich Nhat Hanh, from the forward "Moment by Moment offers a simple and elegant teaching that can change your life." —Jack Kornfield, author of A Path with Heart "For anyone seeking more 'real moments,' Moment by Moment offers valuable and practical techniques for discovering joy now." —Barbara de Angelis, PhD., Author of Real Moments "A delightful book for people who are restless 'doers' like myself. it teaches you how to be in the moment. I highly recommend it for all 'busy bees' and restless sould." —Elisabeth Kubler-Ross, M.D., author of On Death and Dying Based on the Jerry Braza's Mindfulness Training Program, this book provides simple exercises for developing greater awareness and emotional involvement in our daily lives. Braza offers practical guidance on managing stress, quieting the mind, transforming feelings, enhancing productivity, and completing unfinished emotional business.

Hang Time

Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In Jump Attack, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program

outlined in this complete plan. Says Grover: "This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight."

Eleven Rings

Reminiscent of Phil Jackson's SACRED HOOPS, Tamir Goodman's Triple Threat explores physical, mental, and spiritual lessons, on and off the court. Tamir Goodman was dubbed "The Jewish Jordan" by SPORTS ILLUSTRATED for the unorthodox combination of basketball prowess and devout faith that he brought with him onto the court as a top-ranked high school recruit, D-I and professional basketball player. Goodman's book features practical basketball training tips, strategies to contend with the mental side of the game, and game-like scenarios to demonstrate how this advice will pay off on the court. The book also takes readers on a fascinating journey through Goodman's career, a highlight of which includes Goodman making history as the first Jewish player to play D-I and professional basketball while wearing a yarmulke and refraining from playing on the Jewish Sabbath. By weaving the hands-on advice with the intriguing personal stories, Goodman examines the basketball fundamentals of shooting, ball-handling and passing from the physical, mental and spiritual perspectives and assigns each of these moves a deeper meaning. Goodman uses examples from his career to make the point that adding an individualized spiritual element to physical and mental training can help athletes take their game to the next level, while also helping them to identify and achieve meaningful success on the court and in life. "The nickname 'Jewish Jordan' might roll off the tongue, but Tamir Goodman's journey to realize his basketball dreams was no breeze. I thoroughly enjoyed reliving all the twists and turns through HIS eyes—one of the finest sportsmen and ambassadors that our people have ever known" —Marc Stein, ESPN NBA Reporter "an inspiring book with expert basketball advice that is great for players of all levels." —Omri Casspi, Small Forward for the NBA's Cleveland Cavaliers "a fascinating look at one man's talents on the court, in his soul, and with an ultimate higher purpose. This book is for anyone interested in the skills of serious sportsmanship and the nuances of living an integrated and rich religious life. Tamir takes the concept of athleticism as a meaningful pursuit to the highest and most profound level. What a wonderful, joyful and superbly elegant exploration into the worlds of sports, religion, and life's purpose." —Mayim Bialik, Ph.D., CLEC, Actress—The Big Bang Theory "As a DC area native, I have crystal clear memories of the Jewish Jordan phenomena and the national attention his story created. While he was obviously an exceptional basketball player, it was his unparalleled commitment to his faith that made him so impressive. This book is a refreshing look at what it takes to be successful on and off the court. It is a must read for all players and coaches. I couldn't put it down." —Alan Stein, Professional Basketball Strength & Conditioning Coach "I have had the honor and privilege of watching Tamir Goodman conduct a basketball camp for children, so I have seen him put these words into action. For all the wonderful advice included in Triple Threat, it is his combined love affair with basketball and Judaism, and his spiritual devotion to both that stands out for me. His playing career was far too short, but his passion for his game—and his God—endures." —Mary Schmitt Boyer, sportswriter and President of the Professional Basketball Writers Association

They Call Me Coach

On the Shoulders of Giants

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.

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