

## Relax And Win Championship Performance

Former AMA racing champion Reg Pridmore, known worldwide for his popular CLASS Motorcycle Schools, brings his decades of experience on the track, street and classroom, to the readers of this new riding skills book. After reviewing the basics, Pridmore shows advance students how to focus on control in cornering, braking, and acceleration. A long-time proponent of the value of body-steering, Pridmore’s insightful text explains how this controversial technique helped him win championships and how it can help everyday riders and budding racers become smoother, better riders.

Sections on street strategies and riding gear make this a comprehensivehow-to riding skills book for anyone looking to improve their skills.

“Privacy is dead. The new rules for business, personal, and family reputation.”--Cover. The full curriculum for the Wrestling Mindset program

A manual for building a faster brain and a better you! The Little Book of Talent is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids’ skills, your organization’s skills—in sports, music, art, math, and business. The product of five years of reporting from the world’s greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you’re age 10 or 100, whether you’re on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, “How do I get better?” Praise for The Little Book of Talent “The Little Book of Talent should be given to every graduate at commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence.”—Charles Duhigg, bestselling author of The Power of Habit “It’s so juvenile to throw around hyperbolic terms such as ‘life-changing,’ but there’s no other way to describe The Little Book of Talent. I was avidly trying new things within the first half hour of reading it and haven’t stopped since. Brilliant. And yes: life-changing.”—Tom Peters, co-author of In Search of Excellence

The Little Book of Talent

A Guide to Peak Performance

How Great Athletes Recover, Reflect, and Reignite

100 Things Warriors Fans Should Know & Do Before They Die

Relax & Win

How Great Athletes Think, Train, and Thrive

A Path Forward

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you’re a beginner or a pro, Gallwey’s engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey’s teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

“Privacy is dead. The new rules for business, personal, and family reputation.”--Cover. The full curriculum for the Wrestling Mindset program
The International ADHD Coach Training Center is a coach-training program that prepares its graduates to confidently coach persons with ADHD and create coaching businesses that are profitable and sustainable. Laurie Dupar established the International ADHD Coach Training Center in 2015 with the goal of preparing coaches to work competently and confidently with a broad spectrum of individuals, families, and groups living with ADHD. Upon completion of the International ADHD Coach Training Center graduates will have earned a Certified ADHD Life Coach (CALC) designation and be well on their way to meeting the credentialing application requirements for the International Coach Federation (ICF).

“Seth Wickersham has managed to do the impossible: he has pulled off the definitive document of the Belichick/Brady dynasty.”--Bill Simmons, The Ringer
The explosive, long-awaited account of the making of the greatest dynasty in football history—from the acclaimed ESPN reporter who has been there from the very beginning.
The Unforgiving Race to Greatness

Inside the New York Yankees’ Most Bizarre Season

For Beginning to Intermediate Coaches

Strengthening Forensic Science in the United States

Batting Order

Developing the Mindset of a Champion

The New England Patriots Dynasty and the Pursuit of Greatness

In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

Most Milwaukee Bucks fans have taken in a game at the BMO Harris Bradley Center, fondly remember the team’s Big Three era, and know how to spell Antetokounmpo without looking it up. But only real fans know which players the team acquired in exchange for Kareem Abdul-Jabbar, recall who represents the team in the NBA Jam video game, or can recite all the lyrics to “Light It Up!” 100 Things Bucks Fans Should Know & Do Before They Die is the ultimate resource guide for true fans of Wisconsin’s professional basketball team. Whether you’re a die-hard from the days of McLoocklin and Dandridge or a newer fan who’s fallen in love with Giannis, these are the 100 things all fans need to know and do in their lifetime. Bucks writer Eric Nehm has collected every essential piece of Bucks knowledge and trivia, as well as must-do activities, and ranks them all from 1 to 100, providing an entertaining and easy-to-follow checklist for fans of all ages.

A journey into the mindset of a historic basketball superstar, and the importance of his landmark career. The seven-foot Dirk Nowitzki is one of the greatest players in basketball history. The Dallas Maverick’s legend revolutionized the sport, redefining the role of the big man in the modern game. Dirk moved differently: flexible and fast, confident and in control. He thought differently, too. On the court, his shots were masterful—none more venerated than his signature one-legged flamingo fadeaway, a move that lives on in the repertoire of today’s most skilled NBA players. How did this lanky kid from the German suburbs become an all-time top ten scorer and NBA champion? How can a superstar stay so humble? Award-winning novelist and sportswriter Thomas Pletzinger spent over seven years traveling with Nowitzki. He witnessed Dirk’s summer workouts, involving fingertip pushups and the study of the physics, and spent days discussing literature and philosophy with Holger Geschwindner, Dirk’s enigmatic mentor and coach. Watching Nowitzki in empty gyms and in packed arenas with 30,000 fans, Pletzinger began to understand how Dirk and Holger’s philosophical insights on performance, creativity, and freedom enabled his success and longevity. The Great Nowitzki tells Dirk’s dramatic story like never before. Pletzinger describes Dirk’s youth in small-town Germany, follows the steep learning curve of Dirk’s early seasons, the devastating Finals loss to the Miami Heat, and the triumphant championship five years later. Traveling with Dirk in his final seasons, Pletzinger immerses himself in the community of people impacted by Nowitzki’s a game, interviewing everyone from average fans in Dallas and security guards at the arena to front office executives and Hall of Fame teammates, who reflect on what Dirk’s legacy means to the next generation of ballplayers. And to the game itself. A masterpiece of sports writing that reads like a novel, The Great Nowitzki brims with a fan’s passion. Pletzinger shows how strongly basketball influences our imagination and the extraordinary journey an icon like Dirk Nowitzki must take to reach the pinnacle of the game.

The Champion’s Mind

Atomic Habits

100 Things Bucks Fans Should Know & Do Before They Die

Mind Gym

Teaching the Change We Want to See in the World

An Athlete’s Guide to Inner Excellence

Praise for Mind Gym “Believing in yourself is paramount to success for any athlete. Gary’s lessons and David’s writing provide examples of the importance of the mental game.” --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain “Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book.” --Ken Griffey MVP “I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you’ll find the exercises fun and beneficial.” --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the physical skill does. If not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes—many of whom he has worked with—you will learn the same techniques and exercises Mack uses to help elite athletes build mental “muscle.” Mind Gym will give you the “head edge” over the competition.

“Through candor and comprehensiveness, Jackson writes a convincing revisionist take, in which he emerges as an excellent coach . . . highly readable . . . reflects Jackson’s polymathy.” --The New York Times Book Review “Part sports memoir, part New Age spirit quest, part pseudo-management tract. . . . But the primary thing with Jackson—as with all the old birds, repeating themselves—is the voice.” —Sam Anderson, The New York Times Magazine A New York Times Bestseller The inside story of one of basketball’s most legendary and game-changing figures 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. 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 angles of his players’ nature, not their egos, fear, or greed. This is the story of a man 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 NBA into a place where greatness flourished. On his 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 vastly different talents and temperaments • Trained his players to be selfless and to play for each other • Discovered the importance of the “Zen” mindset 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 Lakers and five 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 level; and about the best in ourselves and others.

Remarkable results. If you’re having trouble changing your habits, the problem isn’t you. The problem is your system. Bad habits repeat themselves again and again not because you don’t want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you’ll get a proven system for changing your habits. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained by an array of stories and examples. This book’s simple, powerful ideas make it one of the most readable and actionable pieces of self-help ever written. Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get rid of procrastination; • stop worrying about failure; • understand the neuroscience of how habits are formed; • quit addictive behaviors like smoking, drinking, and eating; • manage massive amounts of information; • understand the psychology of change; • overcome habit-based failures; • design your environment to make success easier; • get rid of procrastination; • stop worrying about failure; • understand the neuroscience of how habits are formed; • quit addictive behaviors like smoking, drinking, and eating; • manage massive amounts of information; • understand the psychology of change; • overcome habit-based failures; • design your environment to make success easier; • get rid of procrastination; • stop worrying about failure; • understand the neuroscience of how habits are formed; • quit addictive behaviors like smoking, drinking, and eating; 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