

## Relentless Tim Grover

*Some people seem to be born with a mental makeup that predestines them for success. But anyone can master their mindset. Dave Anderson shows you how. In **Intentional Mindset, LearnToLead founder Dave Anderson shows you how to purposefully develop both killer instinct and mental toughness by cultivating and strengthening ten specific traits. The author of 15 books and host of the popular podcast The Game Changer Life, Dave's guidance has impacted readers and listeners in more than 145 countries. Now, he shares a unique blueprint for developing the mindset you need to succeed, presenting foundational strategies for intentionally developing and strengthening what he calls the ACCREDITED traits: attitude, competitiveness, character, rigor, effort, discipline, intelligence, tenacity, energy, and drive. Throughout the book, readers will follow the progress of three "case studies." The frustrations, progress, and victories of "Fred," "Frank," and "Francine" will replace the sterile or "academic" approach so common in personal development books with a more readable, personal, and actionable experience. What's more, Anderson provides an optional 70-day follow-up course to integrate the book's lessons into one's daily routine and accelerate results. All materials for this course, including a downloadable workbook and 70 supporting videos—one for each day—are provided at no cost on the LearnToLead website. Intentional Mindset is a true game changer—a book that gives you the tools to shape your future by shaping your mind.***

*Success in 50 Steps has been 10 years in the making, with the author researching and compiling over 500 book summaries into video, audio and written format on his website [Bestbookbits.com](http://Bestbookbits.com). The book takes the reader through the steps of taking their dreams out of their head and making them a reality. Walking the reader through the steps to success such as dreams, passions, desire, purpose, goals, planning, time, knowledge, ideas, thinking, beliefs, attitude, action, work, habits, happiness, growth, failure, fear, courage, motivation, persistence, discipline, results and success. With the pathway to success outlined in 50 easy steps, anyone can put into practice the wisdom to take their personal dreams and goals out of their head into reality. Featuring a treasure trove of quotations from the legends of personal development such as Tony Robbins, Jim Rohn, Napoleon Hill, Les Brown, Zig Ziglar, Wayne Dyer, Brian Tracy, Earl Nightingale, Dale Carnegie, Norman Vincent Peale, Og Mandino and Bob Proctor to name a few, let this book inspire you to become the best version of yourself.*

*For more than two decades, legendary trainer Tim Grover has taken the greats—Michael Jordan, Kobe Bryant, Dwyane Wade, and hundreds of relentless competitors in sports, business, and every walk of life—and made them greater. Now, for the first time ever, he reveals what it takes to achieve total mental and physical dominance, showing you how to be relentless and achieve whatever you desire. Direct, blunt, and brutally honest, Grover breaks down what it takes to be a champion and is giving up, you thrive under pressure, you never let your emotions make you weak. In "The Relentless 13," he details the essential traits shared by the most intense competitors and achievers in sports, business, and all walks of life. Relentless shows you how to trust your instincts and get in the Zone; how to control and adapt to any situation; how to find your opponent's weakness and attack. Grover gives you the same advice he gives his world-class clients—"don't think"—and shows you that anything is possible. Packed with previously untold stories and unparalleled insight into the psyches of the most successful and accomplished athletes of our time, Relentless shows you how even the best get better . . . and how you can too.*

*The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to 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 that can take you to new heights. 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 with true stories from 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 back on track when you fall off course;
...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to get more going, lose weight, reduce stress, or achieve any other goal.*

*Buddha at Work*

*The NBA According to the Sports Guy*

*The Proven Formula That Works*

*The Formula for Explosive Athletic Performance, Jumping Higher, and Training Like the Pros*

*Be Obsessed or Be Average*

*How Great Athletes Think, Train, and Thrive*

*Summary of Winning*

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-wrde-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

A top NFL coach offers leadership advice that applies from the field to the office Tom Coughlin led the New York Giants to two Super Bowl victories with his unique system of relentless preparation and resilience. He teaches his players that you can never guarantee a win, but you can always earn the right to win-with focus, hard work, and anticipation of obstacles. Now Coughlin shows how his teachings apply beyond the gridiron, illustrating his points with previously untold stories about players like Eli Manning, Doug Flutie, and Michael Strahan. His wisdom can help leaders in any field rev up their own organizations. Tom Coughlin challenged us and prepared us to handle anything that was thrown at us ... The lessons I learned from him weren't limited to football. They were applicable to every aspect of my life -Michael Strahan Tom Coughlin is one of the most successful coaches in NFL history. Before winning two Super Bowls with the New York Giants, he coached the Jacksonville Jaguars for nine seasons, leading them to two appearances in the AFC Championship Game. David Fisher is the co-author of seventeen New York Times bestsellers.

From the elite performance coach who authored the international bestseller Relentless and whose clients have included Michael Jordan, Kobe Bryant, and Dwyane Wade, comes this brutally honest formula for winning in business, sports, or any arena where the battle is fiercely unforgiving. In Winning, Tim Grover shows why he is one of the world's most sought-after mindset experts. Drawing on three decades of work with elite competitors, Grover strips away the cliches and rah-rah mentality that create mediocrity and challenges you to embrace reality with single-minded intensity. The prize? Massive success. Whether you're an athlete with championship dreams, an entrepreneur building a business, a CEO managing an empire, a salesperson closing a deal, or simply a competitor determined to stand in the winner's circle, Winning offers thirteen crucial principles for achieving unbeatable performance. This book reveals the truth about the obstacles and challenges that stand between you and your goals: Winning never lies. Winning knows your secrets. Winning wages war in the battlefield of your mind. Winning wants all of you. And more. If you're addicted to the taste of success and crave more, then you're ready for Winning's results-driven performance strategy. And if you're already winning and want to learn how to execute at a level that will establish you as one of the greatest—so you can own not just this moment, but the next, and the next—this book will show you the path.

Lose weight, boost your metabolism, and start living a happier life with this transformative 30-day plan for healthy eating from the host of the hit podcast The Model Health Show. Food is complicated. It's a key controller of our state of health or disease. It's a social centerpiece for the most important moments of our lives. It's the building block that creates our brain, enabling us to have thought, feeling, and emotion. It's the very stuff that makes up our bodies and what we see looking back at us in the mirror. Food isn't just food. It's the thing that makes us who we are. So why does figuring out what to eat feel so overwhelming? In Eat Smarter, nutritionist, bestselling author, and #1-ranked podcast host Shawn Stevenson breaks down the science of food with a 30-day program to help you lose weight, reboot your metabolism and hormones, and improve your brain function. Most importantly, he explains how changing what you eat can transform your life by affecting your ability to make money, sleep better, maintain relationships, and be happier. Eat Smarter will empower you and make you feel inspired about your food choices, not just because of the impact they have on your weight, but because the right foods can help make you the best version of yourself.

Strategies for Becoming an Elite Performer

Eat Smarter

Spiritual Growth in an Age of Anxiety

26 Lessons from Vince Lombardi--The World's Greatest Coach

An Easy & Proven Way to Build Good Habits & Break Bad Ones

The Soul of Success

by Tim Grover - The Unforgiving Race to Greatness - A Comprehensive Summary

"A film-ready rom-com about finding love when you least expect it."--Elle "My favorite romantic book of recent memory." --Emma Straub "The delightful, sexy, queer rom-com of the summer . . . [with] all the makings of a Nora Ephron classic." --Vogue "One of NPR's Best Books of 2018" "One of Washington Post's 50 Notable Works of Fiction in 2018" From the acclaimed author of The Assistants comes a delightful romantic comedy about falling in love--and finding yourself--in the town of Katle Daniels, a twenty-eight-year-old Kentucky transplant with a strong set of traditional values, has just been dumped by her fiancé when she finds herself seated across a negotiating table from native New Yorker Cassidy Price, a sexy, self-assured woman wearing a man's suit. While at first Katie doesn't know what to think, a chance meeting later that night leads them both to the Metropolis, a dimly lit lesbian dive bar that serves as Cassidy's second home. The night offers st barrooms may as well be bedrooms, and loyal friends fill in the spaces absent families leave behind. And in Katie, Cassidy finds a chance to open her heart in new ways. Soon their undeniable chemistry will push each woman to confront what she thinks she deserves--and what it is she truly wants.

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn how to Develop Your Talents and Those of the People You Manage As you've navigated through life, you've probably identified your weaknesses. You know all about your flaws, shortcomings, and what areas you need to improve upon. Perhaps you know that math is not your strong suit or that a certain organization isn't sure that you know all about our weaknesses. They send employees to various trainings so they can develop the necessary skills to do their job better. But what if we've been doing it all wrong? According to Marcus Buckingham, we have. We shouldn't be focusing on our weaknesses. It's our strengths that we should be growing and developing. In Now, Discover Your Strengths, you'll learn how to identify your strengths and use them to launch you further.

Developing your innate talents, why playing up your strengths is far more powerful than fixing your weaknesses, and whether you're an Achiever, Arranger, or Input type.

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 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, and motivates them to become elite athletes. Grover's program is designed to help you become 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."

Summary of Winning Everyone loves to win in whatever they do, which makes people search for a secret to winning. This book, Winning: The Unforgiving Race to Success was written by Tim S. Grover. The writer of the book is a public speaker and motivational speaker who has written a bestselling book Relentless: From Good to Great to Unstoppable. The author's latest book Winning: The Unforgiving Race to Success, promises to deliver lessons that will make a person winner in his or her field. The author's goal is to motivate people but to deliver winning results to motivated people. The writer also declares that if someone is seeking motivation from this book then this book is not appropriate for that person. The thirteen lessons to follow for winning in the book seem worth trying. However, there are few sections in this book where some people might find it difficult to agree with the author. I particularly want to point out a single line where I strongly disagree with the author. In this book, the focus can do. I personally believe every task requires a certain amount of time and without that time given no work can be performed. I mean, what if someone asked you to build a building in a day and told you everything is possible with focus and dedication. This is plain maddening and unrealistic. The book is written in a very simple and understandable language which is the best part of this book. The book does not contain any images or diagrams to support the writing. Grover

Bryant. The examples are so focused on these two celebrities that one might be confused thinking the book is an autobiography of Michael Jordan or Kobe Bryant. At some point, it feels like the book is only about winning in basketball games. One must read the complete book to understand the total picture of the book. The book will be enjoyable for people who love games or basketball. Here is a Preview of What You Will Get:
? A Full Book Summary
? An Analysis
? Fun quizzes
? C

Zen Garden Litter Box

Infinite Income

The Law of Success

You Can Make a Difference

The Road Less Traveled and Beyond

The Book of Basketball

The Lombardi Rules Vince Lombardi--loved by some, feared by others, but respected by all--was first and foremost a winner. The greatest sports coach of his time, perhaps of all time, Lombardi was also a thoughtful man with uncommon passion, and a leader with unprecedented wisdom and authority. More than three decades since Lombardi's untimely passing, his words continue to resonate. In The Lombardi Rules, Vince Lombardi Jr. examines many of his father's most celebrated quotes to reveal the bedrock principles behind his legendary success. This concise yet comprehensive book is packed with proven insights and techniques that are especially valuable in today's hard-fought business arena, including: Ask yourself tough questions Play to your strengths Work harder than anybody Be prepared to sacrifice Be mentally tough Know your stuff Demand autonomy Act, don't react Keep it simple Focus on fundamentals Chase perfection Run to win Vince Lombardi's uncanny ability to motivate others, along with his insatiable drive for victory, made him the standard against which leaders in very field are measured. The Lombardi Rules provides an insider's look at Lombardi's extraordinary methods, and shows you how to adapt and adopt those methods for leadership success in your own career.

Relentless: From Good to Great to Unstoppable by Simon and Schuster

Independence. Flexibility. Freedom. For many, these elements are as vital to you in your career as the money you make. After all, if time is money, then controlling your time is gold. But what if you could increase your income and your control? If you take your business online, this could be your reality. Tanner Chidester built his multimillion-dollar online company from scratch with no budget, marketing plan, or business experience. Now, in Infinite Income, Tanner is showing you how you can build your own online empire by letting your ambition drive you and newfound knowledge guide you. You'll learn the basics of starting an online business using the same strategies Tanner teaches in his Elite CEOs training courses. From realtors and writers to personal trainers and consultants, all types of entrepreneurs will benefit from Tanner's customizable approach to starting a business. You'll learn how to set up a website, establish sales funnels, create YouTube ads, and leverage social media, among other valuable insights. There's never been a better time to take the next step toward personal freedom and financial independence. Find out how by learning from someone who made his business by helping others live the lives they've always wanted.

#1 New York Times Bestseller " THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In Think Again, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I 've never felt so hopeful about what I don' t know. " —Brené Brown, Ph.D, #1 New York Times bestselling author of Dare to Lead The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval—and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds—and our own. As Wharton's top-rated professor and the bestselling author of Originals and Give and Take, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

Start Something

How to Get Through Hell, Overcome Anxiety, and Dominate in Business and Life

Summary of Tim S. Grover's Relentless

The Champion's Mind

Relentless

A Little Piece of Mindfulness

Winning

An opionated 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.

From the millionaire entrepreneur and New York Times bestselling author of the 10X Rule comes a bold and contrarian wake-up call for anyone truly ready for success. One of the 7 best motivational books of 2016, according to i. Magazine. Before Grant Cardone built five successful companies (and counting), became a multimillionaire, and wrote bestselling books... he was broke, jobless, and drug-addicted. Grant had grown up with big dreams, but friends and family told him to be realistic, they said, he could enjoy everyone else's version of middle class success. But when he tried it their way, he hit rock bottom. Then he tried the opposite approach. He said NO to the haters and naysayers and said YES to his burning, outrageous, animal obsession. He reclaimed his obsession with wanting to be a business rock star, a super salesman, a huge philanthropist. He wanted to live in a mansion and even own an airplane. Obsession made all of his wildest dreams come true. We're in the middle of an epidemic of average. The conventional wisdom is to seek balance and take it easy. But that has really just given us an excuse to be unexceptional. If you want real success, you have to know how to harness your obsession to rocket to the top. This book will give you the inspiration and tools to break out of your cocoon of mediocrity and achieve your craziest dreams. Grant will teach you how to . . . Set crazy goals—and reach them, every single day. • Feed get more of it. • Shut down the doubters—and use your haters as fuel. Whether you're a sales person, small business owner, or #1-to-5 working stiff, your path to happiness runs through your obsessions. It's a simple choice: be obsessed or be average.

The Gray Man: Search for missing intelligence agents plunges him deep into a maelstrom of trouble in the latest entry in the 9-10 New York Times bestselling series. The first agent disappearance was a puzzle. The second was a mystery. The third was a conspiracy. Intelligence operatives around the world are disappearing. When a missing American agent re-appears in Venezuela, Court Gentry, the Gray Man, is dispatched to bring him in, but a team of assassins has other ideas. Court Meanwhile, CIA agent Zoya Zakharova is in Berlin. Her mission: to infiltrate a private intelligence firm with some alarming connections. The closer she gets to answers, the less likely she is to get out alive. Court and Zoya are just two pieces on this international chessboard, and they're about to discover one undeniable truth--sometimes capturing a king requires sacrificing some pawns.

How do you actually find meaning in the workplace? How do you find work that makes your heart sing, creates impact, and pays your rent? After realizing that his well-paying, prestigious job was actually making him miserable, Adam "Smiley" Poswolsky started asking these big questions. The Quarter-Life Breakthrough provides fresh, honest, counterintuitive, and inspiring career advice for anyone stuck in a quarter-life crisis (or third-life crisis), trying to figure out what to do with their thirty-somethings who are discovering how to work with purpose (and still pay the bills). Brimming with practical exercises and advice, this book is essential reading for millennial career changers and anyone passionate about getting unstuck, pursuing work that matters, and changing the world.

The Life

The Unforgiving Race to Greatness

Getting to Neutral

Developing Mental Toughness and a Killer Instinct

Think Again

The Power of Knowing What You Don't Know

How to Conquer Negativity and Thrive in a Chaotic World

Zen meets cats -- and kitty litter -- in this calming Zen garden kit that includes everything you need to reach ultimate enlightenment. For any cat lover looking for peace and mindfulness, this kit includes: 3-inch "litter box" tray Two 3/4-inch cats Bag of sand 5 decorative rocks 2-1/2-inch wooden rake 32-page book on the Zen of litter box gardening

"I challenge you to make a difference in the world, to reach higher and farther than you ever imagined. I challenge you to start something." -- Tiger Woods, from the foreword Are you ready for a challenge? Are you ready to make a real difference in your life, and the world around you? You can do it even if you're not Tiger Woods. You can be a winner at school, and with your friends, your family, your team. You can be the superstar of your own life. And you can start today. Tiger didn't start out as a champion. But his father Earl taught him unforgettable lessons about dreaming big, reaching goals, and believing with all his heart that anything is possible. He showed Tiger that anyone can make a difference in the world by reaching out and caring about others. And now Tiger's dad is sharing those lessons and ideas with you, so you can be a champion at whatever you do. Earl Woods and the Tiger Woods Foundation want you to Start Something. In this book you'll find dozens of ways you can start something new, and make the world a better place one step at a time. Some are about action, and some will just give you something to think about. Help a little kid clean up a park • settle an argument • write down one thing each day that you're proud of • donate school supplies to a needy school • ask your parents about their day • include the kid who always gets left out • refuse to give up • and much more... Try a few or try them all. Just try. Dare to set an example that others can follow. Dare to be great. Dare to set goals that only you can achieve. Packed with Tiger-tested advice and creative ideas for helping others, this book offers real ways to make a difference that makes Tiger great, create goals that can help you make your life in the world, and take practical steps when you find yourself feeling overwhelmed. As Earl writes, "You are a miracle, and you can make miracles happen. Celebrate yourself, for all the things that make you special and unique. Remember: Anyone can be part of the pack, but there is only one of you."

Guided by "Akira-sensei," John comes to realize the greatest adversity on his journey will be the challenge of defeating the man in the mirror. This powerful story of one boy's journey to achieve his life long goal of becoming a samurai warrior, brings the train to be CLUTCH curriculum to life in a powerful and memorable way. Some things you will learn... —No matter how it feels, you are always building your own house. —How and why you must surrender to the outcome in order to be at your best. —Why you never want to have your identity wrapped up in what you do. —Why your strength lies in faithfulness to the little things. —How to develop a heart posture of gratitude. —How to use the biggest challenges as a training ground for greatness. —Why the process is more important than the goal. —Why comparison is the thief of all joy. —How to develop a growth mindset. —Why talent is more of a curse than a blessing. "So many valuable stories and lessons!" —Nick Ahmed, Arizona Diamondbacks

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.

Earn the Right to Win

Michael Jordan

Unstoppable

Master Your Mind and Defy the Odds - Clean Edition

Can't Hurt Me

Beermen Ballin' in Filip-Flops and the Philippines' Unlikely Love Affair with Bas ketball

The Mamba Mentality

An award-winning trainer draws on experience with such top athletes as Michael Jordan, Kobe Bryant and Ken Griffey, Jr. to explain how to tap dark competitive reflexes in order to succeed regardless of circumstances, explaining the importance of finding internal resources and harnessing the power of personal fears and instincts.

"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 bards, who were also known for 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. Even more important, he succeeded in never waverin 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.

The faster the world moves, the more important it becomes to slow down and look within for what makes us truly happy. If you measure success by the quality of your life rather than just by material achievements, then the timeless wisdom of this book will speak directly to your heart and soul. For more than fifty years, this classic inspirational guide has helped hundreds of thousands of people to move through obstacles and invite all-round success fully into their lives. Filled with sensible down-to-earth wisdom, The Law of Success explores the spiritual sources of creativity, positive thinking, and dynamic will, as well as the success-producing power of self-analysis and meditation. It shows how each one of us can naturally attract happiness and harmony.

"From the elite performance coach for Michael Jordan, Kobe Bryant, Dwyane Wade, and many others-and the author of the powerful bestseller Relentless-a no-holds-barred formula for winning that is ideal for business people, athletes, and anybody wanting to achieve success. In Relentless, Tim Grover showed that you need to be tough and ruthless-toward others and yourself-to achieve your goals. Now, in Winning he takes that skill repertoire to an even higher level, demonstrating why he is one of the world's most sought-after mindset experts. Based on three decades of work with elite competitors like Michael Jordan, Kobe Bryant, and Dwyane Wade, Winning challenges you to destroy every obstacle in your path, even if, at the moment of greatest triumph, it may be all taken away. Whether you're an athlete striving to win, an entrepreneur building a business, a CEO managing an empire, a salesperson looking to close a deal, or a high achiever determined to stand in the winner's circle, Winning offers thirteen key principles for ramping up your performance to the maximum. If you're addicted to the taste of success and crave more, then you're ready for the results-driven performance formula found here. And if you're already winning and want to learn how to execute excellence repeatedly-so you can own not just this moment, but the next, and the next-then Winning is for you!"--

The Lost Fleet: Relentless

Invent Your Own Path, Find Meaningful Work, and Build a Life That Matters

#MaxOut Your Life

Atomic Habits

How I Play

Finding Purpose, Balance and Happiness at Your Workplace

Intentional Mindset

Relentless: From Good to Great to Unstoppable (2013) by Tim S. Grover, co-written with Shari Lesser Wenk, teaches how to cultivate the mindset of an elite achiever. Grover's ideas about high performance are based on his decades as a trainer for elite athletes including NBA stars Kobe Bryant, Michael Jordan, and Dwyane Wade. Bryant, Jordan, and Wade followed Grover's no-nonsense training program, which pushed each to excel... Purchase this in-depth summary to learn more.

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—it's the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion's Mind, sports

psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: • How to get in a "zone," thrive on a team, and stay humble • How to progress within a sport and sustain long-term excellence • Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, The Champion's Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

After rescuing POWs from a labor camp in the Heradao Star System, Captain John "Black Jack" Geary discovers that the Syndics plan to ambush his fleet, forcing him to jump from one star system to the next in an effort to avoid the enemy.

Buy now to get the key takeaways from Tim S. Grover's Relentless. Sample Key Takeaways: 1) Thinking about failure hinders your ability to overcome any obstacle. An athlete who was injured dropped everything to seek Tim Grover's help late one night in the middle of a season. Grover coached him to face down his fears and "finish it," which was just what he needed. 2) Grover was in high school when he first heard of American basketball legend Michael Jordan. When Grover was looking for a job as a trainer, he contacted the Chicago Bulls. He was surprised to be assigned to Jordan. They worked together for fifteen years.

Now, Discover Your Strengths by Marcus Buckingham and Donald O. Clifton (Summary)

Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life

Summary of Tim S. Grover's Relentless by Swift Reads

The Eight-Figure Formula for Your Online Business

Success in 50 Steps

Jump Attack

How Success in Any Field Starts with Superior Preparation

**Turning Simple Disciplines into Massive Success & Happiness**

*The definitive biography of a legendary athlete. The Strug. The Shot. The Flu Game. Michael Jordan is responsible for sublime moments so ingrained in sports history that they have their own names. When most people think of him, they think of his beautiful shots with the game on the line, his body totally in sync with the ball -- hitting nothing but net. But for all his greatness, this scion of a complex family from North Carolina's Coastal Plain has a darker side: he's a ruthless competitor and a lover of high stakes. There's never been a biography that encompassed the dual nature of his character and looked so deeply at Jordan on and off the court -- until now. Basketball journalist Roland Lazenby spent almost thirty years covering Michael Jordan's career in college and the pros. He witnessed Jordan's growth from a skinny rookie to the instantly recognizable global ambassador for basketball whose business savvy and success have millions of kids still wanting to be just like Mike. Yet Lazenby also witnessed the Michael Jordan whose drive and appetite are more fearsome and more insatiable than any of his fans could begin to know. Michael Jordan: The Life explores both sides of his personality to reveal the fullest, most compelling story of the man who is Michael Jordan. Lazenby draws on his personal relationships with Jordan's coaches; countless interviews with Jordan's friends, teammates, and family members; and interviews with Jordan himself to provide the first truly definitive study of Michael Jordan: the player, the icon, and the man.*

*Foreword by Ciara In this breakthrough book, the author of Wall Street Journal bestseller It Takes What It Takes provides life-changing, step-by-step guidance on how to successfully navigate adversity and defeat negativity by downshifting to neutral thinking. It's easy to be positive when everything is coming up roses. But what happens when life goes sideways? Many of us lapse into a self-defeating negative spiral that makes it hard to accomplish anything. Getting to Neutral is a step-by-step guide that shows readers how to use mental conditioning coach Trevor Moawad's innovative motivational system to defeat negativity and thrive. Neutral thinking is a judgment-free, process-oriented approach that helps us coolly assess situations in high-pressure moments. Moawad walks readers through how to downshift to neutral no matter how dire the situation. He shows us how to behave our way to success, how to determine and practice our values in a neutral framework, and how to surround ourselves with a team that helps us to stay neutral. Filled with raw, inspiring stories of how Trevor navigated health challenges with neutral thinking as well as insights drawn from some of the world's best athletes, coaches, and leaders, Getting to Neutral will help readers learn to handle even the most complex and turbulent situations with calm, clarity, and resolve.*

*How can you bring your best and most successful self to work every day? Told in a series of conversations with Gautam, and interspersed with tales from the Buddha's life ? along with real-life stories from people who've faced challenging situations in their jobs ? Buddha at Work offers invaluable insight that will guide you through the challenges of the modern-day workplace. This book unlocks the secrets to: ? Keeping yourself motivated and energized, and being your productive best; ? Managing stress and taking control of every workday situation; ? Dealing with difficult bosses and co-workers or unforeseen situations like losing your job; ? Channelling negativity into a more productive and positive attitude. Drawn from the author's decades of experience as head of HR in the country's top organizations, and packed with easy-to-apply practical advice, Buddha at Work will help you achieve your true potential and find inspiration when you need it the most.*

**Pacific Rims**

**From Good to Great to Unstoppable**

**The Slight Edge**

**The Quarter-Life Breakthrough**

**The Lombardi Rules**

**When Katie Met Cassidy**

**Chop Wood Carry Water: How to Fall In Love With the Process of Becoming Great**

*The founder of the Foundation for Community Encouragement draws on his counseling experience to lead readers to the spiritual simplicity that lies on the other side of complexity and explains how to cope with the fears and shortcomings of life*

*A young man's journey through the Philippines' most unlikely obsession: basketball. In Pacific Rims, Rafe Bartholemew, journalist, New Yorker, and veteran baller, ventures through the Philippines to investigate the country's love of basketball. From street corners where diehards fashion hoops out of old car parts to the professional league where politicians exploit team loyalties to win elections, Pacific Rims gets*

*the story-and gets in the game.*

*Eleven Rings*