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# Relentless Tim Grover

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Relentless Tim Grover

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## RELENTLESS TIM GROVER SUMMARY: UNLOCK YOUR FOLLOWING LITERARY ADVENTURE WITH OUR CONCISE REVIEWS

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At [api.delirest.hu](https://api.delirest.hu), we are devoted to aiding you find your following great read by providing succinct and informative Relentless Tim Grover book recaps in different categories. Whether you're a passionate reader or a casual publication lover, our summaries offer a peek right into the world of each publication, enabling you to make informed choices concerning what to check out following.

Relentless Tim Grover recaps cover a variety of styles, including gripping thrillers, informative non-fiction, heartwarming romances, and more. With our testimonials, you'll get vital insights into the primary motifs, characters, and story points that make each book unique.

Whether you're looking for your next literary journey or simply want to check out various styles, Relentless Tim Grover summaries are the perfect beginning point. So why wait? Start exploring our summaries today and unlock your following terrific read!

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## REVEALING SECRET INSIGHTS OF RELENTLESS TIM GROVER

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Our book summaries provide much more than a short review of the story - we look into the heart of the tale and disclose the vital understandings that make each book unique. Whether it's a page-turning thriller or an introspective narrative, we give a taste of Relentless Tim Grover significance to assist you decide if it's the ideal fit for you.

## Understanding Personalities in Relentless Tim Grover

Characters are the driving force of the tale, and we take a closer check out their personalities, inspirations, and relationships. With our personality evaluations, you can get a much better understanding of their functions in Relentless Tim Grover story and just how they add to the overall narrative.

## Diving right into Themes

Styles are the underlying messages or concepts that the writer communicates through the story. We discover the main themes of each book, highlighting the writer's message and providing insights right into how it might apply to your life.

## Discovering Relentless Tim

## Grover Story Points

Relentless Tim Grover plot is the series of events that drive the tale onward. We damage down the main story points, providing a review of the story's framework and highlighting crucial moments that shape the story.

"With our insights, you can get a preference of Relentless Tim Grover's essence and decide if it's the ideal suitable for you."

## Comparing and Contrasting

For books within the very same genre, we offer comparative evaluations to showcase their similarities and distinctions. This allows you to obtain a much better understanding of the various techniques authors take within a particular category.

## Uncovering Hidden Treasures in Relentless Tim Grover

Some publications might not have obtained as much focus as they deserve, and we enjoy to discover concealed treasures. Relentless Tim Grover recaps showcase standout publications that may have flown under your radar - we ensure you'll find something to contribute to your reading listing.

With our key understandings, you can make educated decisions concerning what to check out next. Relentless Tim Grover supply a peek into the globe of each book, allowing you to uncover brand-new writers and styles easily.

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## RELENTLESS TIM GROVER STYLE EXPLORATION

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In this area, we take a closer consider various styles of Relentless Tim Grover and their corresponding summaries. We comprehend that visitors have distinct preferences and tastes, so we offer a diverse variety of Relentless Tim Grover book to cater to every interest. Whether you're a follower of romance, sci-fi, secret, historical fiction, or self-help, our publication summaries supply a look right into the globe of each book.

## Beginning Exploring Relentless Tim Grover Today

These are simply a few examples of our book recaps within various genres. We have many more books awaiting you to check out. Take a look at our recaps to discover your new favorite writer or category. Pleased reading!

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## DISCOVER YOUR NEXT GREAT READ OF RELENTLESS

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TIM GROVER

In this section, we have curated a collection of standout Relentless Tim Grover that will certainly aid you discover your next excellent read. Whether you're in the mood for a heart-wrenching romance or a spine-tingling thriller, our book recaps supply a peek into the world of each publication, allowing you to make enlightened choices concerning what to review next.

Our Top Picks

Right here are our leading picks for your following terrific read:

| Book Title             | Writer                                                                                                                                                                             | Style Summary |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Historical Fiction     | A hauntingly gorgeous story of two siblings in Nazi-occupied France that checks out the power of love, family, and durability despite hardship.                                    |               |
| Psychological Thriller | A fascinating mental thriller that adheres to a criminal psychotherapist as he tries to unwind the enigma behind his person's silence after she supposedly murders her other half. |               |
| Philosophical Fiction  | A magical and spiritual trip that complies with a young Andalusian shepherd kid as he sets out to satisfy his fate and uncover the true definition of life.                        |               |

These 3 books are just a little sample of the several excellent reviews waiting to be uncovered. Count on our book summaries to guide you in the direction of your following literary journey.

In addition to our leading picks, we provide a large range of book recaps spanning numerous categories, from science fiction to self-help. With our summaries, you're sure to discover your following favorite publication like Relentless Tim Grover.

So what are you waiting on? Beginning checking out Relentless Tim Grover recaps today and reveal hidden literary gems that will certainly keep you turning the pages well into the night!

TRICK TAKEAWAYS OF RELENTLESS TIM GROVER AND RECOMMENDATIONS

Our publication summaries not just supply quick overviews of each book, but they also provide Relentless Tim Grover essential takeaways and suggestions to assist you in your reading journey. Right here are a few of our top choices:

| Book Title                                                                         | Secret Takeaways                                                                                                     | Referrals |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------|
| • The unreliable narrator creates a sense of secret and thriller throughout guide. | • If you appreciated this publication, have a look at Into the Water by Paula Hawkins for another thrilling mystery. |           |
| • The themes of addiction and residential misuse are checked out comprehensive.    | • Gone Woman by Gillian Flynn is one more prominent mental thriller with a twisty plot.                              |           |
| • The plot twists kept us on the side of our seats till the really last page.      |                                                                                                                      |           |

- The book highlights the value of living in today minute and releasing past and future worries.
- The principle of the "pain body" is presented to discuss just how past injuries can impact our present experiences.
- Practical workouts are provided to help readers implement the teachings right into their lives.
- Guide informs an effective tale of 2 siblings staying in Nazi-occupied France during World War II.
- The themes of guts, sacrifice, and love are checked out with the viewpoints of both siblings.
- The historic context and vivid summaries make the tale revived.
- The Untethered Soul by Michael A. Singer offers similar understandings on living in the here and now moment and searching for inner peace.
- Big Magic by Elizabeth Gilbert explores the creative process and just how we can live an extra meeting life by embracing our passions.
- All the Light We Can not See by Anthony Doerr is an additional The second world war novel that tells a relocating tale of love and survival.
- If you appreciate historic fiction, try The Alice Network by Kate Quinn, which adheres to a network of female spies during World war.

At api.delirest.hu, you'll locate a lot more publication recaps and referrals that cater to your rate of interests and reviewing preferences. Whether you're trying to find a thrilling page-turner, a thought-provoking memoir, or a heartfelt love, we've obtained you covered. Allow us help you find your next terrific read!

BEGIN CHECKING OUT RELENTLESS TIM GROVER TODAY

Since you have actually seen what we need to use, it's time to start exploring Relentless Tim Grover recaps! Our recaps give you a taste of each book's distinct essence and can assist you find your following terrific read. Whether you're a fan of crime thrillers, historic fiction, or self-help publications, we have a recap for you.

Our summaries provide crucial insights into each book's motifs, personalities, and plot factors. You can get a sense of Relentless Tim Grover composing style and make a decision if it's the ideal suitable for you. We have actually curated the best publications from various genres, so you make sure to find something that fits your rate of interests.

Exactly how to Utilize Our Summaries

To begin discovering, simply search our site and click Relentless Tim Grover summaries that catch your eye. Our recaps are brief, so you can rapidly obtain a sense of each book without investing excessive time. If a recap piques your interest, you can click on the web link to acquire the book from an on the internet merchant.

Our publication recaps are best for anyone that wants to stay educated regarding the latest literary trends but does not have the time to review Relentless Tim Grover book. By discovering our recaps, you can stay on par with what's preferred and uncover covert gems that you may not have found or else.

# Join Our Neighborhood

When you check out Relentless Tim Grover recaps, you're not simply uncovering brand-new books; you're also signing up with a community of similar readers. Our web site features a blog where we upload short articles concerning the most recent literary news, publication evaluations, and reviewing pointers. You can additionally follow us on social media to remain up-to-date with our most current offerings.

So what are you waiting on? Start exploring Relentless Tim Grover recaps today and discover your following great read!

## Relentless

### **From Good to Great to Unstoppable** *Simon and Schuster*

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.

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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 unstoppable: you keep going when everyone else 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.

## Jump Attack

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

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.”

## Winning

### **The Unforgiving Race to Greatness** *Simon and Schuster*

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.

## Winning

### **The Unforgiving Race to Greatness** *Simon and Schuster*

"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!"--

## Start Something

### **You Can Make a Difference** *Simon and Schuster*

"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 powerful insight into how you can build the kind of confidence that makes Tiger great, create goals that can help you make your way 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."

## The Champion's Mind

### **How Great Athletes Think, Train, and Thrive** *Rodale Books*

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—its 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.

### **Summary of Tim S. Grover's Relentless** *Milkyway Media*

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.

## Can't Hurt Me

### **Master Your Mind and Defy the Odds - Clean Edition** *David Goggins*

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-word-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.

## The Lombardi Rules

### **26 Lessons from Vince Lombardi--The World's Greatest Coach** *McGraw Hill Professional*

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, a motivator with uncompromising values, 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.

### **The Road Less Traveled and Beyond**

#### **Spiritual Growth in an Age of Anxiety** *Simon and Schuster*

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

### **The Book of Basketball**

#### **The NBA According to the Sports Guy** *ESPN*

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.

#### **Be Obsessed or Be Average** *Penguin*

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 Inc. 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 more reasonable and less demanding. If he played by the rules, 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. And it can help you achieve massive success too. As Grant says, 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 the beast: when you value money and spend it on the right things, you get more of it.
- Shut down the doubters—and use your haters as fuel.

Whether you're a sales person, small business owner, or 9-to-5 working stiff, your path to happiness runs through your obsessions. It's a simple choice: be obsessed or be average.

### **The Mamba Mentality**

#### **How I Play** *MCD*

*The Mamba Mentality: How I Play* is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe "The Black Mamba" Bryant decided to share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary "Mamba mentality." Citing an obligation and an opportunity to teach young players,

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

#### **The Law of Success** *Lulu Press, Inc*

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.

### **Pacific Rims**

#### **Beermen Ballin' in Flip-Flops and the Philippines' Unlikely Love Affair with Basketball** *Penguin*

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.

### **Getting to Neutral**

#### **How to Conquer Negativity and Thrive in a Chaotic World** *HarperCollins*

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.

## Unstoppable

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

#### Chop Wood Carry Water: How to Fall In Love With the Process of Becoming Great *Lulu Press, Inc*

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

## Jump Attack

### Training Journal

A spiral bound journal for recording exercises described in book.

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

*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.

## Atomic Habits

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

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 quit smoking, lose weight, reduce stress, or achieve any other goal.

## The Lost Fleet: Relentless *Penguin*

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.

## Relentless

### Unleashing a Life of Purpose, Grit, and Faith *Thomas Nelson*

John Tesh has achieved more in life than he ever dreamed possible. But the road to success has been anything but easy—and those challenges have become the secret to his success. Through his story, we can learn how to be relentless, how to achieve what we didn't think was possible, and how to handle our inevitable discouragements. In this engrossing memoir, Tesh describes how the obstacles that shaped him—including being suspended from college, living homeless for months, and facing a deadly disease—shaped his remarkable life. You'll hear, in never-before-told stories, how Tesh became the youngest correspondent at WCBS News less than thirty-six months after he was working at a gas station and sleeping in a public park. You'll go inside the unconventional way he composed the now-iconic theme song for NBC Sports basketball and how he and his wife, Connie Sellecca, created the popular, nationally-syndicated *Intelligence for Your Life* radio program. From live commentary for two Olympic Games to his decade-long role as co-host of *Entertainment Tonight* and the outrageous gamble that resulted in one of the most successful Public Television concert specials in history, you'll learn how Tesh applied his unique process of focused practice, grit, and perseverance while maintaining a single-minded pursuit of his goals. In 2015, he fought and received treatment for a stage-three cancer diagnosis, but when the cancer returned, he and his wife turned to relentless faith and divine healing scriptures to manifest a victory over the disease. *Relentless* is an astonishing story of how obstacles create opportunity and how faith will lead to triumph.

## Zen Garden Litter Box

### A Little Piece of Mindfulness *RP Minis*

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

### The Quarter-Life Breakthrough

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

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 your life. Smiley shares the stories of many twenty- and 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.

### Eleven Rings

#### **The Soul of Success** *Penguin*

"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 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.

### Stillpower

#### **Excellence with Ease in Sports and Life** *Simon and Schuster*

Unlock the keys to happiness and freedom, fuel performance, and achieve excellence in sports and in life with the clarity of stillpower—finding the ultimate zone within. What if everything you've been taught about performance is wrong? When the going gets tough, stillpower—not will power—is the best response. For years, athletes, coaches, parents, and organizations have searched for the secrets to optimum mental performance. Stillpower offers a simple, revolutionary, yet dynamic, approach for the future. Stillpower uses real-life examples to explore such questions as: What is "the zone" and what must we do (or not do) to get there? Why do we need to understand the difference between insight and intellect? Is goal setting really useful? Why doesn't willpower work? And why do the best mentors focus on a person's state of mind and not behavior? Virtually all of us—athletes and non-athletes alike—are looking outside of ourselves, trying to find the secret to success. Stillpower encourages us to look within to finally find the answers.

### Earn the Right to Win

#### **How Success in Any Field Starts with Superior Preparation** *Penguin*

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.

### The Slight Edge

*Greenleaf Book Group*

Turning Simple Disciplines into Massive Success & Happiness

### Think Again

#### **The Power of Knowing What You Don't Know** *Penguin*

#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.

## **Prepare for Anything Survival Manual**

### **338 Essential Skills** *Weldon Own+ORM*

The New York Times bestselling author and survival expert covers hundreds of skills and strategies to help you be ready when disaster strikes. If you're concerned that the world is becoming increasingly unstable, you are far from alone. From natural disasters to terrorism, pandemics, and economic collapse, there are a whole host of catastrophic events to be concerned about. And preparing for the worst is going mainstream. *Outdoor Life: Prepare for Anything* will take you through a wide range of potential threats and how you can prepare for them, from having the right gear on hand to knowing what to do in the wake of a disaster. This is the book for the growing prepper movement, with hands-on hints, easy-to-use checklists, and engaging first-person stories to break down the crucial do's and don'ts, educate yourself on various threats, and help to ensure that you ride out whatever Mother Nature, the government, foreign powers, or modern society can throw at you. Includes vital information on: • How to prep for a natural disaster, economic collapse, or societal restructuring. • What should be stocked in your house, pantry, basement, bunker, and go-bag. • How to handle yourself and

your family in the wake of disaster, from creating a plan to leading your neighborhood watch.

### **Relentless Penguin**

The Gray Man's search for missing intelligence agents plunges him deep into a maelstrom of trouble in the latest entry in the #1 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 escapes with his life and a vital piece of intelligence. 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.

### **Eat Smarter**

### **Use the Power of Food to Reboot Your Metabolism, Upgrade Your Brain, and Transform Your Life** *Little, Brown Spark*

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.

### **Buddha at Work**

### **Finding Purpose, Balance and Happiness at Your Workplace** *Hachette India*

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.

### **Uncommon Leadership**

In *Uncommon Leadership*, performance coach and motivational consultant Ben Newman takes you inside the minds and hearts of eleven exceptional individuals: athletes, coaches, CEOs, entrepreneurs, and others whose unrelentingly high performance has made them not only the best in their fields but also unquestioned leaders in sports, business, and life. Ben breaks it down, honing in on the core qualities that drive these trailblazers to push for the best in themselves and others, every single day. If you're looking for more in your life—your career, your relationships, your industry, or your personal performance—Ben Newman's *Uncommon Leadership* will give you the keys you need to unlock your best self. You'll learn how to adapt the principles of proven leaders to maximize your own potential. You'll see how some of today's top-performing people have tapped into their own core strengths, and with Ben's advice, you'll gain focus for identifying and tapping into yours. If you want to unleash the champion inside you, there's no better way than to study and imitate other champions who have paved the way. Let Ben Newman's *Uncommon Leadership* give you the inside track to becoming all that you can be.

### **#MaxOut Your Life**

### **Strategies for Becoming an Elite Performer** *Mylett Communications*

#### **When Katie Met Cassidy** *Penguin*

"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 heart of New York City. When it comes to Cassidy, Katie can't think straight. Katie 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 straight-laced Katie a glimpse into a wild yet fiercely tight-knit community, one in which 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.

### **Remembering Kobe Bryant**

#### **Players, Coaches, and Broadcasters Recall the Greatest Basketball Player of His Generation** *Simon and Schuster*

Let Stephen Curry, Charles Barkley, Grant Hill, Reggie Miller, and more, tell you what it was like to take the floor against one of the Greatest of All Time. With a Foreword by Jerry West, and a new tribute from the author about Kobe's tragic death. When he entered the NBA in 1996 as a high-school star from Lower Merion, Pennsylvania, Kobe Bryant faced enormous expectations. No one can deny that he rose to the challenge. Today Bryant's status as a future Hall of Fame player is assured. During his stellar career, Bryant won five NBA championships; was a seventeen-time All-Star, NBA MVP, and two-time NBA Finals MVP. He led the league in scoring in 2006 and 2007. Now for the first time, hear stories from opponents, teammates, and players about what it was like to go against Kobe in *Remembering Kobe Bryant*. Contributors include: Chris Webber Jeff Van Gundy Rick Barry Doc Rivers Dwayne Wade Draymond Green Giannis Antetokounmpo Russell Westbrook Carmelo Anthony And many more Kobe Bryant was the greatest basketball player of his generation—a former schoolboy prodigy whose moves are now imitated in gyms and playgrounds around the world. *Remembering Kobe Bryant* provides an unprecedented glimpse into what it was like to play against one of the best of all time. Skyhorse Publishing and our Sports Publishing imprint is proud to publish a range of books for readers interested in sports—baseball, pro football, college football, pro basketball, college basketball, hockey, soccer, and more, we have a book about your sport or your team. Whether you are a New York Yankees fan or hail from Red Sox nation; whether you are a die-hard Green Bay Packers or Dallas Cowboys fan; whether you root for the Kentucky Wildcats, Louisville Cardinals, UCLA Bruins, or Kansas Jayhawks; whether you route for the Boston Bruins, Toronto Maple Leafs, Montreal Canadiens, or Los Angeles Kings; we have a book for you. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.