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MATA BRYNN

Buck Up, Suck Up . . . and Come Back When You Foul Up Diversion Books

I was dead for thirty seconds. That's what the cop in Fall River told me. When the EMTs found me, there was a needle in my arm and a packet of heroin in the front seat. At basketball-crazy Durfee High School in Fall River, Massachusetts, junior guard Chris Herren carried his family's and the city's dreams on his skinny frame. His grandfather, father, and older brother had created their own sports legends in a declining city; he was the last, best hope for a career beyond the shuttered mills and factories. Herren was heavily recruited by major universities, chosen as a McDonald's All-American, featured in a Sports Illustrated cover story, and at just seventeen years old became the central figure in Fall River Dreams, an acclaimed book about the 1994 Durfee team's quest for the state championship. Leaving Fall River for college, Herren starred on Jerry Tarkanian's Fresno State Bulldogs team of talented misfits, which included future NBA players as well as future convicted felons. His gritty, tattooed, hip-hop persona drew the ire of rival fans and more national attention: Rolling Stone profiled him, 60 Minutes interviewed him, and the Denver Nuggets drafted him. When the Boston Celtics acquired his contract, he lived the dream of every Massachusetts kid—but off the court Herren was secretly crumbling, as his alcohol and drug use escalated and his life spiraled out of control. Twenty years later, Chris Herren was married to his high-school sweetheart, the father of three young children, and a heroin junkie. His basketball career was over, consumed by addictions; he had no job, no skills, and was a sadly familiar figure to those in Fall River who remembered him as a boy, now prowling the streets he once ruled, looking for a fix. One day, for a time he cannot remember, he would die. In his own words, Chris Herren tells how he nearly lost everything and everyone he loved, and how he found a way back to life. Powerful, honest, and dramatic, *Basketball Junkie* is a remarkable memoir, harrowing in its descent, and heartening in its return.

Above the Line New World Library

The all-star advisor to athletes like Kobe Bryant and Michael Jordan shares his revolutionary mindfulness-based program for elevating athletic performance—featuring a foreword by legendary NBA coach Phil Jackson. “George helped me understand the art of mindfulness. To be neither distracted or focused, rigid or flexible, passive or aggressive. I learned just to be.” —Kobe Bryant Michael Jordan credits George Mumford with transforming his on-court leadership of the Bulls, helping Jordan

lead the team to six NBA championships. Mumford also helped Kobe Bryant, Andrew Bynum, and Lamar Odom and countless other NBA players turn around their games. A widely respected public speaker and coach, Mumford is sharing his own story and the strategies that have made these athletes into stars in *The Mindful Athlete: The Secret to Pure Performance*. His proven, gentle but groundbreaking mindfulness techniques can transform the performance of anyone with a goal, be they an Olympian, weekend warrior, executive, hacker, or artist. When Michael Jordan left the Chicago Bulls to play baseball in 1993, the team was in crisis. Coach Phil Jackson, a long-time mindfulness practitioner, contacted Dr. Kabat-Zinn to find someone who could teach mindfulness techniques to the struggling team—someone who would have credibility and could speak the language of his players. Kabat-Zinn led Jackson to Mumford and their partnership began. Mumford has worked with Jackson and each of the eleven teams he coached to become NBA champions. His roster of champion clients has since blossomed way beyond basketball to include corporate executives, Olympians, and athletes in many different sports. With a charismatic teaching style that combines techniques of engaged mindfulness with lessons from popular culture icons such as Yoda, Indiana Jones, and Bruce Lee, Mumford tells illuminating stories about his larger-than-life clients. His writing is down-to-earth and easy to understand and apply. *The Mindful Athlete* is an engrossing story and an invaluable resource for anyone looking to elevate their game, no matter what the pursuit, and includes a foreword by Phil Jackson. *Sacred Hoops* Triumph Books

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

In the Year of the Bull St. Martin's Press

Superman. Diesel. The Big Aristotle. Shaq Fu. The Big Daddy. The

Big Shaqtus. Wilt Chamberneezy. The Real Deal. The Big Shamrock. Shaq. You know him by any number of names, and chances are you know all about his legendary basketball career: Shaquille "Shaq" O'Neal is a four-time NBA champion and a three-time NBA Finals MVP. After being an All-American at Louisiana State University, he was the overall number one draft pick in the NBA in 1992. In his 19-year career, Shaq racked up 28,596 career points (including 5,935 free throws!), 13,099 rebounds, 3,026 assists, 2,732 blocks, and 15 All-Star appearances. These are statistics that are almost as massive as the man himself. His presence—both physically and psychologically—made him a dominant force in the game for two decades. But if you follow the game, you also know that there's a lot more to Shaquille O'Neal than just basketball. Shaq is famous for his playful, and at times, provocative personality. He is, literally, outsize in both scale and persona. Whether rapping on any of his five albums, challenging celebrities on his hit television show "Shaq Vs.," studying for his PhD or serving as a reserve police officer, there's no question that Shaq has led a unique and multi-dimensional life. And in this rollicking new autobiography, Shaq discusses his remarkable journey, including his candid thoughts on teammates and coaches like Kobe Bryant, Dwyane Wade, LeBron James, Phil Jackson, and Pat Riley. From growing up in difficult circumstances and getting cut from his high school basketball team to his larger-than-life basketball career, Shaq lays it all out in *Shaq Uncut: My Story*.

My Life, My Fight Parallax Press

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

The Cockroach Basketball League Tuttle Publishing Basketball.

Boyz 2 Buddhas ESPN

Journey to the Ring pairs Phil Jackson, the NBA's most successful coach, and Andrew D. Bernstein, the NBA's senior director of photography, in an exciting, behind-the-scenes re-creation of the Los Angeles Lakers' 2009-10 championship season. Having long built a trust with the NBA's biggest stars, Bernstein is given access to the Lakers' practices, team planes, training room, coach's office, game-day meetings, and off-the-court glimpses. Peek in on Chef Phil preparing a Jackson family Thanksgiving dinner, and more. Jackson, coach of eleven NBA championship teams, gives insight into games, practices, his players, and what he is saying in the huddle. What sets Journey to the Ring apart is the deep appreciation Jackson and Bernstein share for the depth of black-and-white photography, which is elegantly reproduced here in four-color black-and-white processing. It is a look into the eyes of a team that gave L.A. its first NBA Finals' Game 7 victory over the Boston Celtics.

Rapture Peter Lang

NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE
• Dr. Bennet Omalu discovered something he could not ignore. The NFL tried to silence him. His courage would change everything. "A gripping medical mystery and a dazzling portrait of the young scientist no one wanted to listen to . . . a fabulous, essential read."—Rebecca Skloot, author of *The Immortal Life of Henrietta Lacks* Jeanne Marie Laskas first met the young forensic pathologist Dr. Bennet Omalu in 2009, while reporting a story for GQ that would go on to inspire the movie *Concussion*. Omalu told her about a day in September 2002, when, in a dingy morgue in downtown Pittsburgh, he picked up a scalpel and made a discovery that would rattle America in ways he'd never intended. Omalu was new to America, chasing the dream, a deeply spiritual man escaping the wounds of civil war in Nigeria. The body on the slab in front of him belonged to a fifty-year-old named Mike Webster, aka "Iron Mike," a Hall of Fame center for the Pittsburgh Steelers, one of the greatest ever to play the game. After retiring in 1990, Webster had suffered a dizzyingly steep decline. Toward the end of his life, he was living out of his van, tasing himself to relieve his chronic pain, and fixing his rotting teeth with Super Glue. How did this happen?, Omalu asked himself. How did a young man like Mike Webster end up like this? The search for answers would change Omalu's life forever and put him in the crosshairs of one of the most powerful corporations in America: the National Football League. What Omalu discovered in Webster's brain—proof that Iron Mike's mental deterioration was no accident but a disease caused by blows to the head that could affect everyone playing the game—was the one truth the NFL wanted to ignore. Taut, gripping, and gorgeously told, *Concussion* is the stirring story of one unlikely man's decision to stand up to a multibillion-dollar colossus, and to tell the world the truth.

The Book of Basketball Simon and Schuster

In this national bestseller that "USA Today" called "compelling, instructive, and funny," Carville and Begala deliver a spirited guide to fighting and winning every day--in business and in life.

Hang Time Diversion Books

The Mystic Heart chronicled Brother Wayne Teasdale's journey into a multifaceted spirituality blending his traditional Catholic training and the Eastern way of sannyasa (Indian monkhood). A Monk in the World tells what the journey has meant for him — living as a monk outside the monastery, integrating teachings from the world's religions with his own Catholic training, combining his vigorous spiritual practice with the necessities of making a living, and pursuing a course of social justice in a major American city. In telling his story, Teasdale shows how others can find their own internal monastery and bring spiritual practice into their busy lives.

Pistol Simon and Schuster

An inside look at the season that proved to be the final ride of a truly great dynasty—Kobe Bryant, Shaq, and the LA Lakers For the countless basketball fans who were spellbound by the Los Angeles Lakers' 2003-2004 high-wire act, this book is a rare and phenomenal treat. In *The Last Season*, Lakers coach Phil Jackson draws on his trademark honesty and insight to tell the whole story of the season that proved to be the final ride of a truly great dynasty. From the signing of future Hall-of-Famers Karl Malone and Gary Payton to the Kobe Bryant rape case/media circus, this is a riveting tale of clashing egos, public feuds, contract disputes, and team meltdowns that only a coach, and a writer, of Jackson's candor, experience, and ability could tell. Full of tremendous human drama and offering lessons on coaching and on life, this is a book that no sports fan can possibly pass up.

The Way of Baseball Windhorse Publications

The definitive portrait of Kobe Bryant, from the author of *Michael Jordan*. "Lazenby's detailed research and fantastic writing paint a complex, engaging picture of one of the NBA's greats" (Kurt Helin, NBC Sports). Eighteen-time All-Star, scorer of 81 points in a single game, MVP, and one of the best shooting guards in NBA league history: Kobe Bryant is among basketball's absolute greatest players, and his importance to the sport is undeniable. Third on the NBA career scoring list and owner of five championship rings, he is an undisputed all-time great, one deserving of this deep and

definitive biography. Even within the flashiest franchise in all of sports -- the Los Angeles Lakers, where he played his entire career -- Bryant always took center stage, and his final game captivated the basketball world, indeed the country. Roland Lazenby delves deep to look behind this public image, using classic basketball reporting and dozens of new interviews to reveal the whole picture, from Bryant's childhood through his playing years. Showboats filled with large personalities and provocative stories, including details of Bryant's complicated personal life and explosive relationships on the court, and is a riveting and essential read for every hoops fan.

Prisoners of Our Thoughts Grand Central Publishing

Controversial, confrontational, and driven, Coach Geno Auriemma is a force to be reckoned with -- and the most accomplished male coach in women's basketball today. In his relentless quest for excellence at the University of Connecticut, he has led the Huskies to five national championships. Yet his soul never rests. For Auriemma, life affords only the briefest moments of happiness -- a good round of golf, forty minutes of great basketball, a day at the beach with his family, a nice glass of wine -- while disaster is seemingly always waiting to strike. It's a fatalistic philosophy, a remnant of his hardscrabble early years, but it's an outlook that has driven him to unparalleled success. In this deeply personal memoir, Geno Auriemma reveals for the first time the man behind the legend. He talks candidly about his coaching style, famed for being one of the most demanding in all the sports world. He spills the beans about his stormy dealings with other coaches such as his archrival, Pat Summitt, of the University of Tennessee. And with warmth and a genuine love for his champions, he writes openly about Diana Taurasi, Sue Bird, Nykesha Sales, Rebecca Lobo, Swin Cash, and all of his other UConn stars who have gone on to stellar WNBA careers. You get a courtside seat to all of the action -- including an epilogue on the 2004-05 season, as well as interviews with the team's most celebrated players. A rare look inside the soul of a true competitor, GENO is the story of how one passionate man overcame his own fears to achieve an extraordinary record of success.

Win Forever Routledge

This timely book expands on Viktor Frankl's seminal *Man's Search for Meaning*, examining the book's concepts in depth and widening the market for them by introducing an entirely new way to look at work and the workplace. Alex Pattakos, a former colleague of Frankl's, brings the search for meaning at work within the grasp of every reader using simple, straightforward language. The author distills Frankl's ideas into seven core principles: Exercise the freedom to choose your attitude; Realize your will to meaning; Detect the meaning of life's moments; Don't work against yourself; Look at yourself from a distance; Shift your focus of attention; and Extend beyond yourself. By demonstrating how Dr. Frankl's key principles can be applied to all kinds of work situations, *Prisoners of Our Thoughts* opens up new opportunities for finding personal meaning and living an authentic work life.

The Mindful Athlete Enslow Publishing, LLC

The Cockroach Basketball League follows the tribulations of hard-driving coach Bob Lassner of the Savannah Stars, a team in the Commercial Basketball League—a fiction drawn from Rosen's own nine years experience coaching in the minor-league Continental Basketball Association. Lassner is an aging hippie and divorcé who hails from a Bronx tenement. His obsession with the game of basketball animates this kinetic, gritty ramble through the sport's minor leagues. Lassner is either red with rage or soft with compassion as he struggles to deal with his wayward players. His top scorer is selfish and arrogant; another player faces a grand jury for a point-shaving scheme; still others are drinking and taking drugs. Lassner also faces a meddlesome team owner, racial tension, and the threat of losing his job if he doesn't produce victories. With *The Cockroach Basketball League*, Rosen provides a poignant portrait of men—both players and coaches—who may not ever make it to the NBA. Through this look at life in the minors, Rosen offers a unique perspective on college and pro basketball, media hype, and the psychology of dreams deferred.

Until Death Do Us Part Seven Stories Press

Is conventional masculinity hazardous to young men's health? Boyz 2 Buddhas proposes that mindfulness meditation can help male teens deal with the unhealthy pressures of growing up today. After examining high school football - a popular activity that evokes troublesome aspects of male consciousness and behavior - David Forbes describes a meditation and discussion group he held with urban high school football players. The students meditated in order to play football in the zone, a state of higher awareness. Along the way they also learned to live their lives in the same manner, resulting in a more mindful, healthy way of growing up to be men. The counseling model illustrated in this book blends popular culture with contemplative practice, and addresses young men's need for greater personal meaning.

Maverick Seven Stories Press

Bob Greene shows us a side of Michael Jordan that doesn't make

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

The Science of Basketball Penguin

"I know that I'll be evaluated in Seattle with wins and losses, as that is the nature of my profession for the last thirty-five years. But our record will not be what motivates me. Years ago I was asked, 'Pete, which is better: winning or competing?' My response was instantaneous: 'Competing. . . because it lasts longer.'" Pete Carroll is one of the most successful coaches in football today. As the head coach at USC, he brought the Trojans back to national prominence, amassing a 97-19 record over nine seasons. Now he shares the championship-winning philosophy that led USC to seven straight Pac-10 titles. This same mind-set and culture will shape his program as he returns to the NFL to coach the Seattle Seahawks. Carroll developed his unique coaching style by trial and error over his career. He learned that you get better results by teaching instead of screaming, and by helping players grow as people, not just on the field. He learned that an upbeat, energetic atmosphere in the locker room can coexist with an unstoppable competitive drive. He learned why you should stop worrying about your opponents, why you should always act as if the whole world is watching, and many other contrarian insights. Carroll shows us how the Win Forever philosophy really works, both in NCAA Division I competition and in the NFL. He reveals how his recruiting strategies, training routines, and game-day rituals preserve a team's culture year after year, during championship seasons and disappointing seasons alike. *Win Forever* is about more than winning football games; it's about maximizing your potential in every aspect of your life. Carroll has taught business leaders facing tough challenges. He has helped troubled kids on the streets of Los Angeles through his foundation A Better LA. His words are true in any situation: "If you want to win forever, always compete."

Basketball Junkie Hyperion

With a new introduction, Phil Jackson's modern classic of motivation, teamwork, and Zen insight is updated for a whole new readership "Not only is there more to life than basketball, there's a lot more to basketball than basketball." --Phil Jackson Eleven years ago, when Phil Jackson first wrote these words in *Sacred Hoops*, he was the triumphant head coach of the Chicago Bulls, known for his Zen approach to the game. He hadn't yet moved to the Los Angeles Lakers, with whom he would bring his total to an astounding nine NBA titles. In his thought-provoking memoir, he revealed how he directs his players to act with a clear mind--not thinking, just doing; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos; to put the "me" in service of the "we"--all lessons applicable to any person's life, not just a professional basketball player's. This inspiring book went on to sell more than 400,000 copies. In his new introduction, Jackson explains how the concepts in *Sacred Hoops* are relevant to the issues facing his current team--and today's reader.

Phil Jackson Red Lead Press

A New York Times Notable Book Here is the story of an all-Jewish basketball team traveling in a hearse through Depression-era America in search of redemption and big money. A hilarious road novel, *The House of Moses All-Stars* is also a passionate portrayal of a young Jewish man struggling to realize his dreams in a country struggling to recover its ideals. Charley Rosen gives us basketball as a metaphor for life. Aaron Steiner, the protagonist of *The House of Moses All-Stars*, is a man very close to the edge. The former college basketball star has watched his dreams of being a successful player fall apart, his marriage disintegrate, and his baby die. In desperation he accepts his friend's offer to join a Jewish professional basketball team—*The House of Moses All-Stars*—which is traveling on a cross-country tour in a renovated hearse. Aaron's teammates—a Communist, a Zionist, a former bank robber, and a red-headed Irishman who passes for a Jew—are, like Aaron, trying to escape their own troubled pasts. As the members of this motley crew travel west to California through an anti-Semitic land that disdains and rebuffs them, they discover a nation grappling with social and economic collapse and fear of foreigners, in conflict with its own democratic ideals of tolerance and opportunity. Told with a rueful eye, *The House of Moses All-Stars* looks critically and lovingly at what it means to be an outsider in America.

Best Sellers - Books :

• [World Of Eric Carle, Around The Farm 30-button Animal Sound Book - Great For First Words - Pi Kids](#)

- [The Four Agreements: A Practical Guide To Personal Freedom \(a Toltec Wisdom Book\)](#)
- [Taylor Swift: A Little Golden Book Biography By Wendy Loggia](#)
- [The Democrat Party Hates America](#)
- [Stone Maidens](#)
- [Things We Hide From The Light \(knockemout Series, 2\) By Lucy Score](#)
- [It Starts With Us: A Novel \(2\) \(it Ends With Us\) By Colleen Hoover](#)
- [The 5 Love Languages: The Secret To Love That Lasts](#)
- [The Five-star Weekend](#)
- [The Summer I Turned Pretty \(summer I Turned Pretty, The\) By Jenny Han](#)