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Leading with the Heart Beyond Basketball The Gold Standard Coach K's Little Blue Book Executive Coaching with Backbone and Heart Heart and Steel Coach K Presence-Based Coaching Heart of a Champion An Illustrated History of Duke Basketball How to Be a 3% Man, Winning the Heart of the Woman of Your Dreams Call an Audible The Essential Guide for Student-Centered Coaching How to Excavate a Heart Beyond Basketball Heart of Darkness Overcoming Healing the Vestigial Heart Toughness 3D Coach Transforming the Difficult Child The Book of Basketball I Heart My Life Stone Song Dare to Lead Beautiful Disaster Signed Limited Edition A Very Large Expanse of Sea The Heart of a Coach The Busy Body Book Soar Whispering Smith The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching Winning Every Day Heart of a Coach Grow Strong! Son of Sedonia Dutch Oven Cooking Self-Compassion Unsexed, Or, The Female Soldier Ontological Mysticism, an Experience of God

The Busy Body Book Aug 07 2020 A celebration of the amazing human machine and a life on the move! Your amazing body can jump, sprint, twist, and twirl. Your body is built to move. Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that's the ultimate goal. Studies show that American kids are becoming more sedentary and more overweight and that they carry these tendencies with them into adolescence and adulthood. Experts agree that we need to help kids make physical activity a life-long habit. Through education, information, and encouragement, this book aims to inspire a new generation of busy bodies!

Overcoming Aug 19 2021 The coronavirus COVID-19 has changed our lives forever, confronting us with an adversity like none we have known in our lifetimes. How do we cope? Where can we find the resilience to overcome the changes forced upon us? What might our future look like? The answers lie in Overcoming and the lessons we can learn from everyday heroes who found the strength to persevere through life crises that threatened to overwhelm them, just as we feel overwhelmed today. Groundbreaking physician Dr. Augustus White III, no stranger to adversity himself, has fashioned an essential manual on not only surviving in a post-coronavirus world, but even thriving in it, as those in this book have. • Like Herman Williams, a doctor on the verge of realizing his dream only to see it dashed forever, forcing him to find a new and greater one. • Or Dr. Ann Hagan Webb, a victim of sexual abuse as a young girl who now counsels other victims, both young and old. • Or Josh Perry, born with Down syndrome, who didn't let that stop him from becoming a professional Hollywood actor. • Or Krystal Cantu, who overcame the devastating loss of an arm in an accident to pursue a career in fitness and physical training. • Or Mangok Bol, one of the Lost Boys of Sudan who survived and built a new life for himself in the United States. • Or Heather Marini, who turned a blind eye to stereotypes in becoming the only woman serving as a position coach in Division 1 college football. These stories and more will inspire you, providing hope that no matter how bleak and dark things seem, the light is always shining somewhere close by. Overcoming will teach all of us how to find it.

The Heart of a Coach Sep 07 2020 The busy life of a coach leaves little time to read the Bible or spend time in community with other believers. And yet the need for spiritual input for themselves and those they lead is great. Heart of a Coach is a daily devotional that provides 120 short but meaningful readings using realistic coaching situations to help coaches understand the truth and relevancy of the Bible to everyday life. It will bring insight into handling life's daily challenges and enable the coach to use biblical principles to teach and motivate athletes. Learn from those with the heart of a coach in these readings. Also, includes Scripture references and follow up questions that speak to a the life of any coach.

Ontological Mysticism, an Experience of God Aug 26 2019 Mysticism, the full realization of God cannot be attained through thoughts or words. The Archetype of the Story of Exodus provides a paradigm of spiritual development that includes spiritualized intellect symbolized by Moses. Mr. Gilberti's tome is more than his personalized writing, but rather takes you through the maze of thought to new realizations. Using Carl Jung's concept of archetype symbols and Aristotle's method of reasoning you are led to the brink of your mind in An Experience of God. There will be those who will no longer run from the fear, who will go into free fall, who will begin to trust the world more to be what it always has been and always will be -- God. The taboo against sensuousness, the indictment and conviction of Eros as evil, effectively puts us at odds with the entirety of our creation as the universe, since we know this creation only through our senses.

The Book of Basketball Mar 14 2021 NEW YORK TIMES BESTSELLER • The NBA according to The Sports Guy—now updated with fresh takes on LeBron, the Celtics, and more! Foreword by Malcom Gladwell • “The work of a true fan . . . it might just represent the next phase of sports commentary.”—The Atlantic Bill Simmons, the wildly opinionated and thoroughly entertaining basketball addict known to millions as ESPN's The Sports Guy, has written the definitive book on the past, present, and future of the NBA. From the age-old question of who actually won the rivalry between Bill Russell and Wilt Chamberlain to the one about which team was truly the best of all time, Simmons opens—and then closes, once and for all—every major pro basketball debate. Then he takes it further by completely reevaluating not only how NBA Hall of Fame inductees should be chosen but how the institution must be reshaped from the ground up, the result being the Pyramid: Simmons's one-of-a-kind five-level shrine to the ninety-six greatest players in the history of pro basketball. And ultimately he takes fans to the heart of it all, as he uses a conversation with one NBA great to uncover that coveted thing: The Secret of Basketball. Comprehensive, authoritative, controversial, hilarious, and impossible to put down (even for Celtic-haters), *The Book of Basketball* offers every hardwood fan a courtside seat beside the game's finest, funniest, and fiercest chronicler.

Grow Strong! Jan 30 2020 Establishing patterns of healthy diet, exercise, and sleep helps children stay physically active, make friends, learn well, and enjoy emotional health--all of which lead to greater happiness. Children's health and confidence can increase as they become more aware of their own unique bodies and abilities, and as they incorporate the self-care principles presented in this warm and encouraging book. Back matter includes advice for motivating kids and teaching about being healthy at home, at school, and in childcare.

Beautiful Disaster Signed Limited Edition Nov 09 2020 Travis Maddox, Eastern University's playboy, makes a bet with good girl Abby that if he loses, he will remain abstinent for a month, but if he wins, Abby must live in his apartment for the same amount of time.

Whispering Smith Jun 04 2020 Reproduction of the original: *Whispering Smith* by Frank H. Spearman

3D Coach May 16 2021 With more than 60 million athletes involved in sports in America, it is estimated that one coach will impact more people in one year than the average person does in a lifetime. Today's coach could be one of the greatest authoritative figures in the life of today's adolescent. So the question isn't whether coaches leave a legacy, but rather, what will that legacy be? Current trending research shows that only 15% of coaches are intentional about coaching beyond the skills and strategies of the game (1st Dimension). A 3-Dimensional Coach understands and harnesses the power of the coaching platform to coach the mind (2nd Dimension) and transform the heart (3rd Dimension). They can be the catalysts for internal

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transformation that guides both the coach and the athlete on a spiritual journey to finding purpose in our performance-based culture. Now that's a legacy! In *3D Coach*, National Coaches Training Director Jeff Duke shares his own journey through the three dimensions of coaching and how it has impacted his life and those around him. He also shares the personal stories of coaches from all levels who have implemented the 3D concept into their own programs and who have pointed to Jesus Christ, the Master Coach, as the ultimate example of how to lead athletes to true significance.

[Dutch Oven Cooking](#) Nov 29 2019 This how-to guide written by expert Dutch Oven cooks gives you the basics needed for campout cooking success. The main focus is on the Dutch Oven but some of the recipes incorporate other camp cooking tools. The book has extensive material information for outdoor group cooking.

Heart of Darkness Sep 19 2021

Heart and Steel Jul 30 2022 An emotional memoir from Hall of Fame, Super Bowl winning former head coach of the Pittsburgh Steelers and current CBS analyst, Bill Cowher.

How to Excavate a Heart Nov 21 2021 Stonewall Honor author Jake Maia Arlow delivers a sapphic Jewish twist on the classic Christmas rom-com in a read perfect for fans of Kelly Quindlen and Casey McQuiston. It all starts when Shani runs into May. Like, literally. With her mom's Subaru. Attempted vehicular manslaughter was not part of Shani's plan. She was supposed to be focusing on her monthlong paleoichthyology internship. She was going to spend all her time thinking about dead fish and not at all about how she was unceremoniously dumped days before winter break. It could be going better. But when a dog-walking gig puts her back in May's path, the fossils she's meant to be diligently studying are pushed to the side—along with the breakup. Then they're snowed in together on Christmas Eve. As things start to feel more serious, though, Shani's hurt over her ex-girlfriend's rejection comes rushing back. Is she ready to try a committed relationship again, or is she okay with this just being a passing winter fling?

An Illustrated History of Duke Basketball Mar 26 2022 No college in America has dominated the basketball scene the way Duke has. From the first game in 1906 through the NCAA National Championship following the 2009-10 season, *100 Seasons of Duke Basketball* provides fans with an insider's look at Duke basketball and the people who have made it a national legend—Vic Bubas, Eddie Cameron, Art Heyman, Mike Krzyzewski, and many others.

Soar Jul 06 2020 Newbery Honor winner Joan Bauer hits a home run with her newest protagonist, who always sees the positive side of any situation. Jeremiah is not one to let anything keep him down. Starting with his adoption by computer genius Walt, Jeremiah has looked on his life as a series of lucky breaks. When a weak heart keeps him from playing his beloved baseball, Jeremiah appoints himself the team coach. When Walt has to move for another new assignment, Jeremiah sees it as a great chance to explore a new town. But no sooner do they arrive than a doping scandal is revealed and the town feels betrayed and disgraced. Jeremiah takes it as his personal mission to restore the town's morale and help the teams bounce back and remember how to soar. Full of humor, heart, and baseball lore, *Soar* is Joan Bauer at her best.

[Leading with the Heart](#) Jan 04 2023 In his more than twenty years coaching the Blue Devils, Coach Mike Krzyzewski has made his program the most admired in the nation, with back-to-back national championships in '91, '92, and again in 2001, and ten Final Four appearances since 1986. Now, in *Leading with the Heart*, Coach K talks about leadership-how you earn it, how you practice it, and how you use it to move your organization to the top. From the importance of trust, communication, and pride, to the commitment a leader must make to his team, this inspiring book is a must-read for anyone who loves college basketball-or who simply wants to win in any competitive environment today.

Winning Every Day Apr 02 2020 "Your talent determines what you can do. Your motivation determines how much you are willing to do. Your
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attitude determines how well you do it." -- Lou Holtz Meet Lou Holtz, the motivational miracle worker who revitalized the Notre Dame football program by leading the legendary Fighting Irish to nine bowl games and a national championship. During his twenty-seven years as a head football coach, Holtz garnered a 216-95-7 career record. Each new assignment brought a different team with different players, but, invariably, the same result--success. How did he do it? By designing a game plan for his players that minimized obstacles while maximizing opportunities. Now he wants to pass his game plan on to you. In *Winning Every Day*, you'll discover ten strategies that will drive you to the top of your professional and personal life. Coach Holtz will reveal how you can acquire the focus and commitment it takes to be a champion. It won't be easy; it takes sacrifice to be the best. But now you'll have a proven winner alongside you in the trenches. *Winning Every Day* demonstrates how you can elevate your performance while raising the standards of everyone around you. Follow Coach's strategies and winning becomes habitual. You will learn to welcome sacrifice as you dedicate yourself to excellence. He will show you how to clearly define your short-term and long-term goals, to develop an unwavering sense of purpose without compromising flexibility. Through it all, Coach Holtz will help you discover the courage you need to live a life of unrelenting triumph. You couldn't have a better guide. He will provide you with the strategies he has shared with Fortune 500 companies, groups, and organizations. Voted the top motivational speaker two years running by a survey of speakers' bureaus, Coach is going to present you with all the Xs and Os, the basics of his game plan for success in life and business.

Coach K's Little Blue Book Oct 01 2022 Mike Krzyzewski is the preeminent college basketball coach of his generation. He has led Duke to three national titles and his Blue Devils are consistently ranked among the top teams in the nation. In *Coach K's Little Blue Book*, Krzyzewski is revealed as more than a basketball strategist. He is a motivator, mentor, leader, and deep thinker with an intuitive feel for the game. He offers fascinating insight into such former Duke stars as Grant Hill and Christian Laettner, opponents such as Michael Jordan and Vince Carter, as well as rival hall-of-fame coaches Bobby Knight and John Wooden. In sharing Coach K's views on winning, teamwork, family, leadership and, what Krzyzewski calls, the game of life, author Barry Jacobs unearths the passion, intelligence and humanity that have made Krzyzewski a national icon. Book jacket.

I Heart My Life Feb 10 2021 Written by entrepreneurial phenomenon Emily Williams, *I Heart My Life* is a guidebook for women to change their money mindset, get clarity on what they want and start living the life of their dreams. *I Heart My Life* is a guide for living life in a different way to everyone else--going for your desires and no longer letting doubt, shame, insecurity or other people's judgment stop you from moving forward with that "something big" you know you're meant for. It brings together mindset, money beliefs, success principles, vulnerability, and real-life stories of women who have made their career and life dreams come true. Emily Williams once couldn't even get a job at Starbucks. Yet she went on to move to a new country, clear \$30k in credit card debt and build a seven-figure coaching business from scratch. Having worked for years with thousands of women around the world to release what holds them back from the success they want, Emily is now sharing all her most powerful tools to help women radically transform their lives. In this book, you'll discover how to: * cultivate a success mindset and trust the intelligence within your heart * become clear about what you really want--then, go after it * embrace gratitude as a driver for your ambition and success * get big results and handle things when they don't go as planned * be consistent, persistent and confident on the path towards your dreams Whether you're dreaming of starting your own business, getting ahead in your career, or just experience more joy, adventure and fulfillment in your life, *I Heart My Life* will catapult you toward your greatest desires.

Coach K Jun 28 2022 The definitive biography of college basketball's all-time winningest coach, Mike Krzyzewski Mike Krzyzewski, known worldwide as "Coach K," is a five-time national champion at Duke, the NCAA's all-time leader in victories with nearly 1,200, and the first man to lead Team USA to three Olympic basketball gold medals. Through unprecedented access to Krzyzewski's best friends, closest advisers, fiercest

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adversaries, and generations of his players and assistants, three-time New York Times bestselling author Ian O'Connor takes you behind the Blue Devil curtain with a penetrating examination of the great, but flawed leader as he closes out his iconic career. Krzyzewski built a staggering basketball empire that has endured for more than four decades, placing him among the all-time titans of American sport, and yet there has never been a defining portrait of the coach and his program. Until now. O'Connor uses scores of interviews with those who know Krzyzewski best to deliver previously untold stories about the relationships that define the venerable Coach K, including the one with his volcanic mentor, Bob Knight, that died a premature death. Krzyzewski was always driven by an inner rage fueled by his tough Chicago upbringing, and by the blue-collar Polish-American parents who raised him to fight for a better life. As the retiring Coach K makes his final stand, vying for one more ring during the 2021-2022 season before saying goodbye at age 75, O'Connor shows you sides of the man and his methods that will surprise even the most dedicated Duke fan.

Transforming the Difficult Child Apr 14 2021 This book enables parents and carers of 'really difficult' children to help their child succeed and flourish. The nurtured heart approach has helped thousands of families in America who previously felt their child was stuck. This new UK edition reflects parents' increasing need for effective ways of parenting their intense children without needing to turn to medication.

Stone Song Jan 12 2021 A Spur Award-winning retelling of the Battle of the Big Horn finds Lakota Sioux leader Crazy Horse endeavoring to reconcile his own beliefs with the wisdom of his tribe and leading his people into a conflict against General Custer and the U.S. Army. Reprint. 15,000 first printing.

Presence-Based Coaching May 28 2022 Presence-Based Coaching offers coaches a hands-on resource for developing the capacities and skills needed to be reliably present in all situations, and shows how to let go of habitual—and often ineffective—ways of responding. As author and leadership expert Doug Silsbee explains, once a coach has mastered the inner moves of directing their own attention, they can work to develop the same capability in their clients. The ability of a coach to facilitate lasting, sustainable development in leaders rests on the presence a coach offers to the coach-client relationship.

Beyond Basketball Oct 21 2021 A collection of essays by the head coach of the Duke University basketball team presents his philosophy on winning, losing, and sportsmanship, as well as motivational lessons that can be applied to the personal and professional arena.

The Essential Guide for Student-Centered Coaching Dec 23 2021 Insights, ideas, and inspiration to keep student learning at the center of instructional coaching Student-Centered Coaching is an evidence-based model of professional learning that focuses on student outcomes. Grounded in the latest research and over ten years of field experience, The Essential Guide for Student-Centered Coaching introduces the philosophy and core practices for Student-Centered Coaching. Designed to accompany other books on Student-Centered Coaching, the authors provide a clear vision for how coaching can promote both teacher and student learning. Readers will find An emphasis on how coaching can be asset-based and focused on equity Current research in adult learning and professional development Examples of how to integrate curriculum into coaching cycles Anecdotes that illustrate what Student-Centered Coaching looks like across grade levels and content areas

Call an Audible Jan 24 2022 In the summer of 2006, author Daron K. Roberts was just one year away from earning a law degree from his dream school: Harvard. But that summer, in the throes of a clerkship at a Texas law firm, Roberts had a revelation—he wanted something different. Very different. Daron Roberts wanted to be an NFL football coach. After making the transition from Harvard Law student to NFL newbie, Roberts worked as a coach for the Kansas City Chiefs, Detroit Lions, West Virginia Mountaineers, and the Cleveland Browns. But he's not forgotten how hard it was to take that first step in a new direction. In Call an Audible, Roberts shares his inspiring journey and reveals his playbook to help guide your next transition.

How to Be a 3% Man, Winning the Heart of the Woman of Your Dreams Feb 22 2022 Dear Friend, This book teaches you the hidden secrets to completely understand women. It covers both the dating world and long term relationships. You will learn how to meet and date the type of women you've always dreamed of. The best part is you can do this while remaining who you truly are inside. The book teaches you how to create sexual attraction in women & get women to chase & pursue you! It takes you step by step with easy to follow instructions. You will be able to meet women anytime, anyplace, & anywhere...this will give you choice with women. Whether you are single & searching or already with your dream lady, my book has the secrets most men will never know about women.

Toughness Jun 16 2021 ESPN basketball analyst and former Duke player Jay Bilas looks at the true meaning of toughness in this New York Times bestselling book that features stories from basketball legends. If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's SportsCenter and College GameDay. Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood—yet vital—attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others—Bilas redefines what it takes to succeed.

Son of Sedonia Dec 31 2019

The Gold Standard Nov 02 2022 Says Coach K: "In all forms of leadership, whether you are a coach, a CEO, or a parent, there are four words that, when said, can bring out the best in your team, your employees, and your family...I BELIEVE IN YOU. These four words can mean the difference between a fear of failure and the courage to try." In his previous bestselling books, Coach K has guided readers to success the way he has guided his teams at Duke University - - with the power of his inspirational words and phenomenal leadership skills. But that was with college kids.....Now, Coach K has stepped up to take on an entirely new challenge - by volunteering to coach the US Olympic Basketball team. Comprised of some of the biggest NBA stars, Coach K had to work with huge egos and personal rivalries in order to create an American team that could win against the best competition in the world and restore Team USA to the gold standard of basketball. This is more than a celebratory book - it's Coach K's first-hand account of how he dealt with such stars as LeBron James, Kobe Bryant, Carmelo Anthony and all the rest to buy into his "total team" play. Half a book on basketball, half a book on management techniques, THE GOLD STANDARD captures Coach K's personal style and approach to getting different (and sometimes difficult) people to work hard and succeed in reaching a common goal.

The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching May 04 2020 What would it mean for your coaching if you got right to the heart of the matter - every time? You can. Learn rarely taught tips and concepts that will immediately elevate your coaching while avoiding the common pitfalls. New and experienced coaches alike will benefit greatly from the detailed strategies and wisdom shared from Marion's years of experience. -Cheryl Richardson, NYTimes Bestselling author of *Take Time for Your Life* Marion Franklin, the Coach's Coach, has been training and mentoring coaches for more than 20 years. Every student she has mentored or taught who sought ACC, PCC, or MCC has gotten their credential using the material in this book designed for all levels of coaches. No matter where you are in your coaching journey, this book has something for you. This book is different because it: Includes brilliant tools for beginner-to-seasoned coaches Offers advanced techniques for developing powerful questions without any lists Provides principles of human behavior that help you quickly identify what's really going on Contains

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the 25 Themes that underlie every coaching situation and make coaching and questioning much simpler Shares a step-by-step, easy to follow, way to create a shift in perspective Presents 17 strategies that clients unknowingly use that actually work against, not for them Begin using even one or two of the concepts and principles in this book and notice your coaching immediately elevate to a new level. Your clients will notice the difference You will experience this innovative approach to masterful coaching with two full laser-coaching sessions with commentary - much like eavesdropping in on the mind of a master coach. Marion shares unprecedented concepts that will help new coaches and even the most experienced coaches gain new insights and ideas, including a deeper understanding of what they already know. Automatically improve your coaching by applying one rarely known principle. Never feel stuck around what question to ask. Feel more confident by quickly identifying what's really going on. Know exactly what to listen for in every conversation. Discover a simple "2 inquiry" approach that instantly enables you to deepen your curiosity. This book will not only boost your confidence and mastery as a coach, it will enable you to produce sustained results for your clients. I designed this book to not only show you what laser-focused coaching looks, sounds, and feels like, but to show you HOW TO coach for permanent, life-altering change. When using the Laser-Focused approach, you'll be able to: avoid getting seduced by the story ask questions that get right to the heart of the matter have the client do all of the summary know how to create the shift and what to do afterwards recognize the client's underlying pattern and know how to address it and so much more The HeART of Laser-Focused Coaching -- A revolutionary, unprecedented approach makes coaching easier while also enhancing your ability to help clients create deep and profound change. Transform your coaching into something so powerful and life-changing that your coaching consistently flows and becomes effortless.

Executive Coaching with Backbone and Heart Aug 31 2022 Praise for Executive Coaching with Backbone and Heart "In this book, O'Neill brings form and structure to the art of executive coaching. Novices are provided a path while seasoned practitioners will find affirmation." —Daryl R. Conner, CEO and president, ODR-USA, Inc. "Mary Beth O'Neill's executive coaching gave me the tools and clarity to become a far more effective leader and change agent. The bottom line was that we succeeded with a monumental organizational turnaround that had seemed impossible to accomplish." —Eric Stevens, former CEO, Courage Center "O'Neill writes in a way that allows you to see this experienced coach in action. What a wonderful way to learn!" —Geoff Bellman, consultant and author, The Consultant's Calling "Mary Beth brings a keen business focus to coaching by not just contributing insights but through helping me and my team gain the insights that we need to solve our own problems. She has the ability to see through the sometimes chaotic dialogue and personalities in order to help a team focus on the real issues and dynamics that can impede organizations from achieving their goals." —John C. Nicol, general manager, MSN Media Network "Effective leaders require courage, compassion, and initiative. O'Neill's systems-based coaching serves as a guide for both coaches and executives to better enable good decisions and good decision-makers." —Paul D. Purcell, president, Beacon Development Group "With Mary Beth O'Neill's coaching, I've become the kind of leader who balances both the needs to get results and to develop great working relationships. Since I started working with her, I've won accolades as the Top Innovator for my company, and as Professional of the Year for my industry. More important, I've been able to scope my job in a way that allows me to learn and contribute at the same time, all the while delivering great results to the bottom line." —Lynann Bradbury, vice president, Waggener Edstrom

A Very Large Expanse of Sea Oct 09 2020 Longlisted for the National Book Award for Young People's Literature! From the New York Times and USA Today bestselling author of the Shatter Me series comes a powerful, heartrending contemporary novel about fear, first love, and the devastating impact of prejudice. It's 2002, a year after 9/11. It's an extremely turbulent time politically, but especially so for someone like Shirin, a sixteen-year-old Muslim girl who's tired of being stereotyped. Shirin is never surprised by how horrible people can be. She's tired of the rude stares, the degrading comments—even the physical violence—she endures as a result of her race, her religion, and the hijab she wears every day. So she's built

up protective walls and refuses to let anyone close enough to hurt her. Instead, she drowns her frustrations in music and spends her afternoons break-dancing with her brother. But then she meets Ocean James. He's the first person in forever who really seems to want to get to know Shirin. It terrifies her—they seem to come from two irreconcilable worlds—and Shirin has had her guard up for so long that she's not sure she'll ever be able to let it down.

Beyond Basketball Dec 03 2022 The Duke University men's basketball team has served as the gold standard in college athletics for well over two decades - and that's all because of the extraordinary impact of Mike Krzyzewski, the highly-respected coach of the Duke squad. Coach K's reputation as a teacher of young men has transcended his extraordinary success as a coach. The Duke team is always ranked at the top of the college game, year in and year out, but what's truly remarkable about Coach K are his players and the legacy they leave behind: Grant Hill, Shane Battier, Elton Brand, Bobby Hurley, and on and on -- these are not just great basketball players, but individuals who have become true leaders in American society, all thanks in large part to Coach K's leadership. So how does Coach K do it? In this new book, he reveals his tips, advice, and time-tested guidance on how he coaches and educates his players about life beyond the basketball court.

Unsexed, Or, The Female Soldier Sep 27 2019 This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Heart of a Coach Mar 02 2020 The busy life of a coach leaves little time to read the Bible or spend time in community with other believers. And yet the need for spiritual input for themselves and those they lead is great. Heart of a Coach is a daily devotional that provides 120 short but meaningful readings using realistic coaching situations to help coaches understand the truth and relevancy of the Bible to everyday life. It will bring insight into handling life's daily challenges and enable the coach to use biblical principles to teach and motivate athletes. Learn from those with the heart of a coach in these readings. Also includes Scripture references and follow up questions that speak to the life of any coach.

Dare to Lead Dec 11 2020 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New

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York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It’s learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It’s why we’re here.” Whether you’ve read *Daring Greatly* and *Rising Strong* or you’re new to Brené Brown’s work, this book is for anyone who wants to step up and into brave leadership.

Healing the Vestigial Heart Jul 18 2021 An emotional story about a man coming to terms with his past, pressing forward with life, and learning to love again. Four years after the death of his boyfriend, Alex has become an empty shell of his old self. Numb and indifferent, he has allowed his life to spin out of control. But, when an old, familiar face begins at Alex's workplace, he is suddenly confronted by his traumatic past and withdraws from life entirely, attempting to block out the horrors he has so long tried to forget-then, he meets Kit, and life is never the same again. A random night, a random bar-that's how it began. But when Alex drunkenly confesses everything he's bottled up for years to the stranger, his life changes. Kit helps him get back on his feet, embrace and accept his past, forgive himself, and take charge of his life once more. As Alex reclaims his life, he begins to feel something that he hasn't felt in years-happiness. Reader Advisory: This Erotic Gay Romance contains adult themes.

Heart of a Champion Apr 26 2022 *Heart of a Champion: The Life and Legacy of Coach Bill Freeman* remembers a great coach and an even greater man. Filled with memories both humorous and poignant from family, former players, coaches, colleagues, and friends, *Heart of a Champion* chronicles the life and career of Kansas high school teacher and coaching legend, Bill Freeman, one of the winningest high school football coaches in Kansas history. It also sheds light on Bill Freeman’s battle with Alzheimer’s and his daughter Jennifer’s painful struggle as she watched her hero decline and eventually succumb to this deadly disease. In a world darkened by much division, we can all learn a little something from this Kansas high school football coach who saw the very best in everyone, believed that everyone should have a fair shot, and lived his life putting others before himself. Overflowing with loving tributes to Bill, *Heart of a Champion* proves that one man’s legacy can live on long after his death and that one person truly can make a difference in the world.

Self-Compassion Oct 28 2019 Kristin Neff, Ph.D., says that it’s time to “stop beating yourself up and leave insecurity behind.” *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff’s extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.