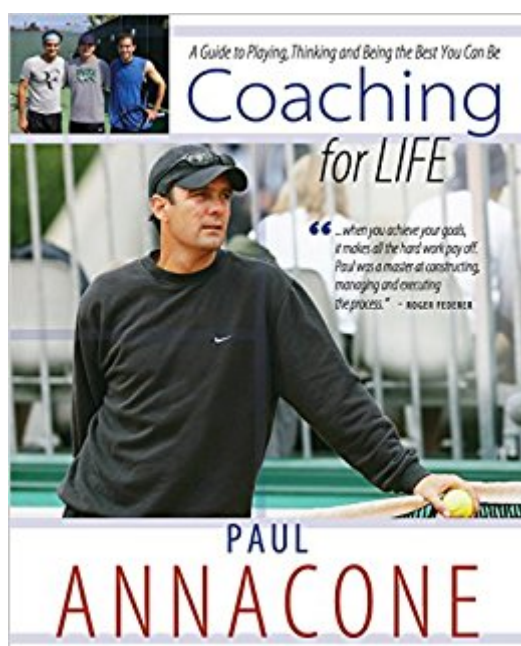


The book was found

Coaching For Life: A Guide To Playing, Thinking And Being The Best You Can Be



Synopsis

Coaching for Life is an autobiographic journey into the mind and heart of a remarkable man. In his own well-chosen words Coach Annacone describes his life as player, coach and the friend of many who love and work in the field of tennis. This exceptional story is full of anecdotes and exciting passages of dynamic play and deep concentration from Pete Sampras and Roger Federer, to name only two of the many intimate portraits revealed here. In the words of Paul Annacone: "Coaching for Life is not about the sport of tennis as much as it is a process-oriented journey based on the sport of tennis. It is the life I have lived, and the front row seat from which I have watched some of the greatest players compete on the most majestic courts in the world. But it is also something that can be applied to our own day-to-day life." In this revelatory book tennis becomes the perfect metaphor for life. In explaining how to play with perseverance, rather than luck, Coach Annacone speaks for all of us--students, teachers, business pros, homemakers, parents, journeymen and women of all kinds, knowledge seekers and athletes on the cutting edge of their chosen game, whatever that game may be. Aristotle once said it this way--"We are what we repeatedly do. Excellence, therefore, is not an act, but a habit." We can always do better but it is best to do our best, says the author of this clear and positive paradigm for playing, living and being yourself at your best. The champion's way as clarified by the world greats of tennis always comes down to the basic truth of the following universal Annacone principles: --Work not only hard but smart--Commit and refine your process--Prepare for and accept adversity--Strengthen your game and see it clearly--Take pride in your resilience and reap the reward

Book Information

Paperback: 194 pages

Publisher: Irie Books (July 3, 2017)

Language: English

ISBN-10: 1633843823

ISBN-13: 978-1633843820

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #59,618 in Books (See Top 100 in Books) #5 in Books > Sports & Outdoors > Coaching > Tennis #23 in Books > Sports & Outdoors > Individual Sports > Tennis #24

Customer Reviews

It's great to see so many of the tools we used written down in this book, a great resource for anyone pursuing goals.

- Pete Sampras "When you achieve your goals, it makes all the hard work pay off. Paul was a master at constructing, managing and executing the process."
- Roger Federer "Paul Annacone has been blessed with talent and surrounded by it his entire life."
- Mary Carillo "He was brilliant at ingraining good habits on the practice court | the need to trust your game and then executing that plan on the match court."
- Tim Henman "Paul's philosophies, anecdotes, and wisdom are unparalleled | if you want a recipe to bring out the best in yourself, this book is for you."
- Chris Evert "Terrific book!"
- Tracy Austin "This book is a wonderful resource for anyone who wants to reach their potential, both on and off the tennis court."
- Lindsay Davenport

As commentator on the Tennis Channel, as life and sports coach, as memoir writer, Paul Annacone is in a class all by himself. He draws on more than thirty years experience, starting out as a top 100 tennis player and becoming, in time, one of the greatest coaches in the field. He has helped such greats as Pete Sampras, Roger Federer, Tim Henman, Sloane Stephens, and many others.

Amazing book about a guy who has done it all in the world of tennis - from youth, to college, to the pros, to coaching and now commentating. Coaching for Life is not just about tennis, it's about how to have a plan in place to succeed in this crazy thing we call life

A one of a kind book by a one of a kind man who has trained the very best in the field. There is more wisdom in this beautifully written, finely designed, positive and nurturing book than in any other we have seen in the sports arena. Hail to the coach!

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