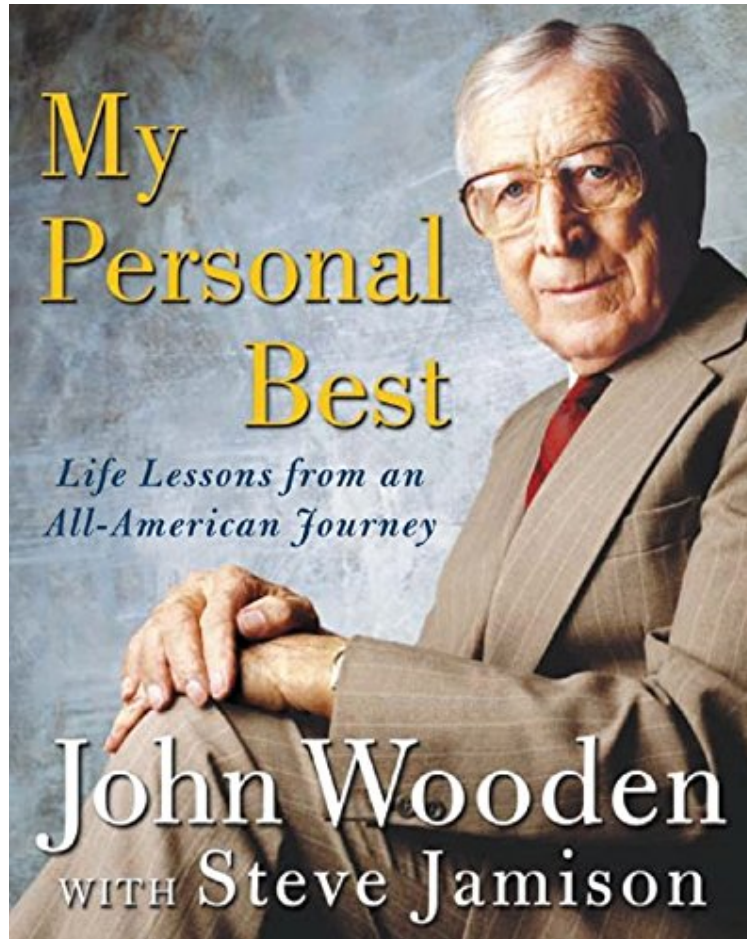


(Free pdf) My Personal Best: Life Lessons from an All-American Journey

## My Personal Best: Life Lessons from an All-American Journey

*John Wooden, Steve Jamison*

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**John Wooden, Steve Jamison : My Personal Best: Life Lessons from an All-American Journey** before purchasing it in order to gauge whether or not it would be worth my time, and all praised My Personal Best: Life Lessons from an All-American Journey:

1 of 1 people found the following review helpful. John Wooden a cross between Gramps and a Movie character By Rex T John Wooden reminds me of two people I'm my life, my grandfather Harry and Tom Hanks in saving private Ryan. This era of man was a special breed of Americans who were able win against all odds! The world owes them an immense debt of gratitude. Sadly however, the world has some of the same challenges and not the same breed of men to face them. Thanks Mr Wooden for showing us a path to decency and success. For if we take it this generation may not undue all the progress the previous one has done for humanity 1 of 1 people found the following review helpful. There are so many nuggets of wisdom in this book that you could easily dispense a gem once a week for a year By Young John Wooden and his life have been an inspiration to me for many years. I have read this book to my son a number of years ago and he recently did a presentation on the book in his high school class. The book takes you on a journey from his childhood days in Indiana through the time of his wife's passing. There are so many nuggets of

wisdom in this book that you could easily dispense a gem once a week for a year. Here's one of them he shared during the season with the UCLA Bball team when they were the shortest team to win the NCAA Tournament, " I don't care how tall you are, I care how tall you play! The life lessons you learn from this book will make you a better person, parent and coach if you desire to do so. I gave this book to my son as a high school graduation gift. One that he gladly accepted. Read it you won't regret it!0 of 0 people found the following review helpful. There are great life lessons to be learned from this bookBy CustomerI just finished this book, and it is a classic. There are great life lessons to be learned from this book. Coach Wooden is self-revealing and honest. The pictures area great. During the UCLA dynasty years, I was always rooting against them. If I had known about Coach Wooden back then, I would have been an ardent supporter. I cannot recommend this book highly enough. A great read.

NATIONAL BESTSELLER For John Wooden's millions of fans--a heartfelt and revealing self-portrait about the people and events that shaped his life Sports Illustrated declared: "There has never been a finer coach in American sports than John Wooden. Nor a finer man." ESPN selected him as the "Greatest Coach of the 20th Century." From his birth on an Indiana tenant farm, to All-American honors at Purdue, to his historic record-setting UCLA dynasty, John Wooden is a towering figure in 20th-century sports, and his experience and wisdom an American treasure. In My Personal Best, Coach Wooden tells how he did it and the lessons he learned on his remarkable journey. Pairing never-before-seen photos from Coach Wooden's private collection with his personal stories and affirmations, this book encompasses the dramatic arc of Wooden's larger-than-life achievements and experiences. As he did in his perpetual bestseller Wooden, Coach offers a wealth of biographical details, personal reflections, and a lifetime of lessons. His millions of fans will cherish this definitive pictorial history of a living sports legend. "John Wooden is a living legend because he practiced what he preached--the code of ethics which created America's strength."--Phil Jackson, head coach, Los Angeles Lakers "Most of what I know, what's made me a smart man, has come from John Wooden."--Kareem Abdul-Jabbar, Naismith Basketball Hall of Famer "A man of John Wooden's accomplishments and integrity would stand out in any era, but now, almost three decades after he coached his last game, he is in some ways an even more striking figure."--Bob Costas

From BooklistJohn Wooden, whose UCLA Bruins won 10 NCAA titles in 12 years, is the greatest college basketball coach of all time. Wooden has lived his life with quiet dignity and integrity. The "life lessons" he presents here are less about basketball than about incorporating some of that dignity and integrity into one's own life. Certainly basketball fans will find a trove of wonderful anecdotes in these pages; after all, teaching the game was Wooden's life's work, and he illustrates many of his points with examples from his coaching career. Let's face it: there isn't much here that readers haven't heard a thousand times: work hard, be honest, value your family, have faith, and live by the Golden Rule. Still, college basketball fans will treasure the context Wooden brings to the familiar pieties. Wes LukowskyCopyright copy; American Library Association. All rights reservedFrom the Back CoverUnforgettable life lessons from the man ESPN named its ldquo;Coach of the Centuryrdquo; ldquo;A good teacher or coach must not only understand others, but himself or herself as well.rdquo; --John Wooden In this captivating book, beloved basketball coach John Wooden reveals the educational journey he took throughout his legendary life, from his earliest days on a small Indiana farm to the glory of his historic record-setting UCLA dynasty. Throughout My Personal Best, Coach Wooden introduces us to the men and women who shaped him and the many important life lessons they taught along the way. Yoursquo;ll meet his father, Joshua, the honest, straight-shooting farmer who urged his son, ldquo;Don't try to be better than somebody else, but never cease trying to be the best you can be.rdquo; His mother, Roxie, a hardscrabble survivor who taught her children the value of faith and sacrifice. And his wife, Nellie, the high-school sweetheart (and ukulele virtuoso) who inspired him courtside through many games and who continued to be his inspiration throughout his life. Yoursquo;ll also meet Coachrsquo;s own coaches, such as Principal Earl Warriner, the feisty disciplinarian who guided Wooden through his first games and left him with the lesson that ldquo;no player is bigger or better than the team.rdquo; High school coach Glenn Curtis, otherwise known as the Ol' Fox, who taught Wooden the poetry of basketball. And Purduersquo;s Piggy Lambert, whose unbending principles and love for his team became Woodenrsquo;s model of what a great coach and teacher could be. Last but not least yoursquo;ll meet many of the students and players who became, in the end, Coachrsquo;s greatest teachers of all. This treasure trove of all things Wooden also includes rare, never-before-seen photos from Coachrsquo;s private collection. Pairing these priceless photos with evocative personal stories, this modern sports classic encompasses the arc of Woodenrsquo;s achievements and the spirit of his All-American experience, one that will serve as inspiration to anyone who aspires to be a coach--not only on the court but in every arena of life. "John Wooden is a living legend because he practiced what he preached--the code of ethics which created America's strength."--Phil Jackson, head coach, Los Angeles Lakers "Most of what I know, what's made me a smart man, has come from John Wooden."--Kareem Abdul-Jabbar, Naismith Basketball Hall of Famer "A man of John Wooden's accomplishments and integrity would stand out in any era, but now, almost three decades after he coached his last game, he is in some ways an even more striking figure."--Bob Costas "John Wooden is a 'philosopher-coach' in the truest sense: a man whose beliefs, teachings, and wisdom go far

beyond sports and ultimately address how to bring out the very best in yourself and others in all areas of life."--Bill Walsh, three-time Super Bowl champion coach "John Wooden's teaching is timeless."--Bill Walton, Naismith Basketball Hall of Famer, NBC analyst "Whether it be on or off the court, John Wooden has been the personification of class and intellect as player, coach, and person for over seventy years. This book is a treasure."--Howard Garfinkel, codirector, Five-Star Basketball Camp "There has never been a finer coach in American sports than John Wooden. Nor a finer man."--Rick Reilly, Sports Illustrated About the Author John Wooden (1910-2010), guided the UCLA Bruins to ten NCAA basketball championships over a 12-year period, including four perfect seasons and an 88-game winning streak. He was named ESPN's "Greatest Coach of the 20th Century" and voted "#1 Coach of All Time" by The Sporting News. Sports Illustrated said it best when they said: "There's never been a finer man in American sports than John Wooden, or a finer coach." In 2003 John Wooden was awarded the Presidential Medal of Freedom. Steve Jamison is America's foremost author and authority on the life and philosophy of John Wooden. Mr. Jamison is a consultant to the UCLA Anderson School of Business' John Wooden Global Leadership Program. He has collaborated with Coach Wooden on an award-winning PBS presentation as well as several books, including his final book, *The Wisdom of Wooden: My Century On and Off the Court*.