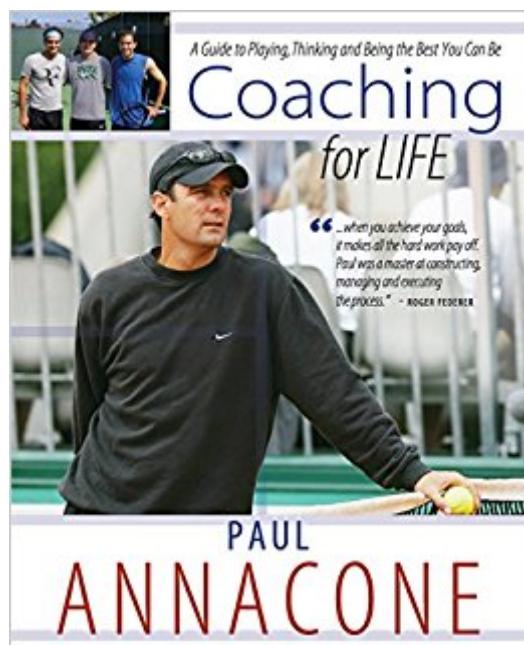


The book was found

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

âœltâ™s great to see so many of the tools we used written down in this book, a great resource for anyone pursuing goals. • Pete SamprasâœWhen you achieve your goals, it makes all the hard work pay off. Paul was a master at constructing, managing and executing the process. • Roger FedererâœPaul Annacone has been blessed with talent and surrounded by it his entire life. • Mary CarilloâœHe was brilliant at ingraining good habits on the practice court âœthe need to trust your game and then executing that plan on the match court. • Tim HenmanâœPaulâ™s philosophies, anecdotes, and wisdom are unparalleled âœif you want a recipe to bring out the best in yourself, this book is for you. • Chris EvertâœTerrific book! • Tracy AustinâœThis 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!

[Download to continue reading...](#)

Coaching For Life: A Guide to Playing, Thinking and Being the Best You Can Be Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking, Positive ... Positive Thinking Techniques Book 1) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to

Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) CRITICAL THINKING: A Beginner's Guide To Critical Thinking, Better Decision Making, And Problem Solving ! (critical thinking, problem solving, strategic thinking, decision making) 50 Philosophy Classics: Thinking, Being, Acting, Seeing, Profound Insights and Powerful Thinking from Fifty Key Books (50 Classics) Coaching: Coaching Strategies: The Top 100 Best Ways to Be a Great Coach Co-Active Coaching: New Skills for Coaching People Toward Success in Work and, Life Survival Guide for Coaching Youth Softball (Survival Guide for Coaching Youth Sports) Survival Guide for Coaching Youth Soccer (Survival Guide for Coaching Youth Sports Series) Coaching Youth Baseball: The Guide for Coaches, Parents and Athletes (Betterway Coaching Kids) Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Coaching Youth Basketball: The Guide for Coaches & Parents (Betterway Coaching Kids) The New Coach's Guide to Coaching Youth Soccer: A Complete Reference for Coaching Young Players Ages 4 through 8 Coaching for Performance: GROWing Human Potential and Purpose - The Principles and Practice of Coaching and Leadership, 4th Edition Me Being Me Is Exactly as Insane as You Being You Life Coaching for Kids: A Practical Manual to Coach Children and Young People to Success, Well-being and Fulfilment How to Play Flute: Learn How You Can Quickly & Easily Master Playing the Flute The Right Way Even If You're a Beginner, This New & Simple to Follow Guide Teaches You How Without Failing

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)