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## Triumph!: An Athlete's Guide to Winning on and Off the Field (Paperback)

By Matt Kunz

Matt Kunz, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Written for the athlete, Triumph! is a guide that helps you understand how to approach your sport philosophically and practically. Kunz explains how to focus your energy and play with confidence through ART (Alignment, Rules, and Technique), understand the politics of sports, and manage relationships that surround you as an athlete. Apply the lessons learned in Triumph!, gain a competitive edge, and become a winner on and off the field. With forewords from legendary National Championship Football Coaches Lou Holtz and Ara Parseghian. Coaches, you're going to want to give a copy of Triumph! to every one of your players. It'll not only help them compete at a higher level, but it will also make you a better coach! --Coach Ted Marchibroda, NFL Head Coach, Baltimore Colts 1975-1979, Indianapolis Colts 1992-1995, Baltimore Ravens 1996-1998 An incredible book! The lessons in Triumph! transcend sports and are relevant to everyday life. You'll definitely want to read it more than once. I know I did! --Ron Wallace, former VP of UPS International The lessons contained in this book may start out having to...



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