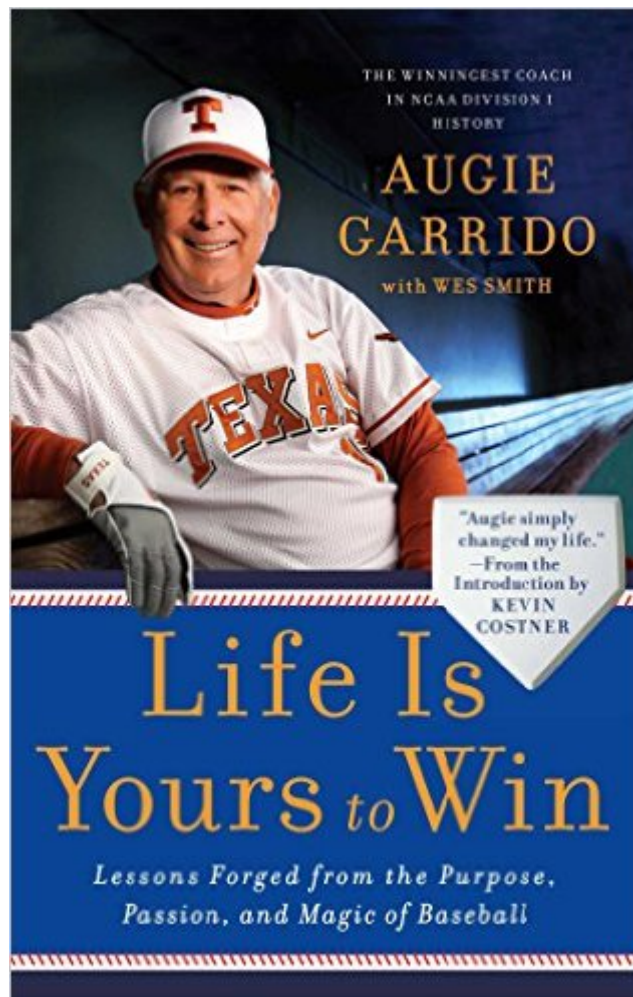


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Life Is Yours To Win: Lessons Forged From The Purpose, Passion, And Magic Of Baseball



Synopsis

Now in paperback, the winningest college baseball coach of all time shares his powerful philosophy on life and sports. FROM THE WINNINGEST COACH IN NCAA DIVISION I HISTORY, A GUIDE TO PRACTICING PERFECT AND PLAYING FOR FUN While the statistics speak for themselves, Augie Garrido, the legendary baseball coach, is far from a "win-at-all-costs" leader. Rather, he focuses on building men of quality, teaching that lessons learned on the diamond can be applied to any facet of life. Life Is Yours to Win offers a refreshing approach to seizing life's opportunities and understanding that trophies are not the true goal. Garrido's advice includes: "BE A PLAYER, NOT A PROSPECT" Garrido once used a game of catch with his Labrador retriever to show a team playing without heart the character it takes to be fully engaged as a ballplayer. "STEP UP, SUPERMAN" Garrido stages a costumed Superhero Scrimmage each Halloween to remind his players that their inner superhero is just waiting to be realized. "THE FEARLESS FIELD" Master fear and other emotions so that they don't paralyze you. Renting a hearse and placing a casket on the pitcher's mound helped a slumping Cal State team bury their fears and put past losses behind them. "BUDDHA AT BAT" Small ball is not glorified like the home run, but the bunt does advance the runners and puts runs on the board. Small successes add up to big victories on and off the field. Garrido's coaching methods are often unconventional, but as seen in Life Is Yours to Win, his creativity and wry humor always lead to unforgettable lessons.

Book Information

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Customer Reviews

Coach Garrido writes an easy to understand book that has the reader's best interest in mind. The

book contains various books that help the reader understand life in the eye's of a winner. I also appreciate his candor in this book as he went through the throes of failure and the various disappointments in his life. Some of the highlights include: * Love the heck out of what you are doing* "Stay in the moment" block out fears of the past and future. The NOW is what counts.* How you feel about yourself is the most important factor in your success* Realistic goals serve you. Expectations serve someone else* You can't control things around you but you can control your response to them* Clear your mind of what happened in the past and what might happen in the future and stick to the simple basics of the game* Approach work as play. Prepare(work) as hard as you can and then play without fear.* Focus on doing your best in the moment instead of playing to win* Be your own best friend and learn to forgive yourself for past failure and mistakes* Don't look too far, stay in the moment* Focus on things you can control- that's how you're cool (Zen)* Pick out a focus point- call it your comfort zone- this is where you can dump all your self-doubt, fear, get focus off inner thoughts and get back to focusing on the task at hand.* Major task? Break the tasks into steps.* Learn to know that there is no reason to fear something just because you have never done it. It is important to expand your boundaries. Never accept limitations. Push yourself to grow. It's never too late to get better.* Devote yourself to playing your best. You cannot control whether you win or lose.

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