

# It's How You Play the Game



[It's How You Play the Game\\_ 下载链接1](#)

著者:Brian Kilmeade

出版者:HarperCollins

出版时间:2007-5-1

装帧:Hardcover

isbn:9780061237263

You don't have to be a star athlete to take away valuable lessons from the world of sports—whether it's learning how to get along with others, to never give up, to be gracious in victory and defeat, even knowing when to throw in the towel. Each interview conducted by Brian Kilmeade reveals personal stories of the defining sports moments in the lives of athletes, CEOs, actors, politicians, and historical figures. Men and women, pros and amateurs alike, explain how the discipline and rules they learned on the field prepared them to handle life and overcome adversity with dignity and sportsmanship. Some of the world's greatest athletes share their insights learned through the sweat of competition, the tears of defeat, and the heady excitement of victory—from the elation of future NFL star quarterback Terry Bradshaw on the day he threw his first perfect spiral after weeks of trying, to the scary day a determined young model named Beth Ostrosky got her front teeth knocked out in a high school basketball game, and the unusual turn of events that kept her in the contest. Surprising, entertaining, and always imparting an important life lesson, *It's How You Play the Game* features more than ninety anecdotes and vignettes from men and women such as wrestler Dwayne "The Rock" Johnson and gymnast Kerri Strug, historical figures Abraham Lincoln and General George Patton, grassroots greats Rudy Ruettiger of Notre Dame and Coach Ken Carter, and many more. These recollections

are sure to benefit any reader, whether an aspiring athlete or a sideline sports fan—it's the ideal gift for kids of all ages. As Kilmeade writes, "Regardless of who you are, what era you played, what sport you chose, or how much success you achieved, playing the game is all about getting you ready for life. Winning or losing has little to do with who you will become. Instead, it's how you prepared for the game that determines whether you'll be a winner or loser in life." So while the games do count—in life as in sports, it's how you play the game that matters.

作者介绍:

目录:

[It's How You Play the Game\\_ 下载链接1](#)

标签

评论

-----  
[It's How You Play the Game\\_ 下载链接1](#)

书评

-----  
[It's How You Play the Game\\_ 下载链接1](#)