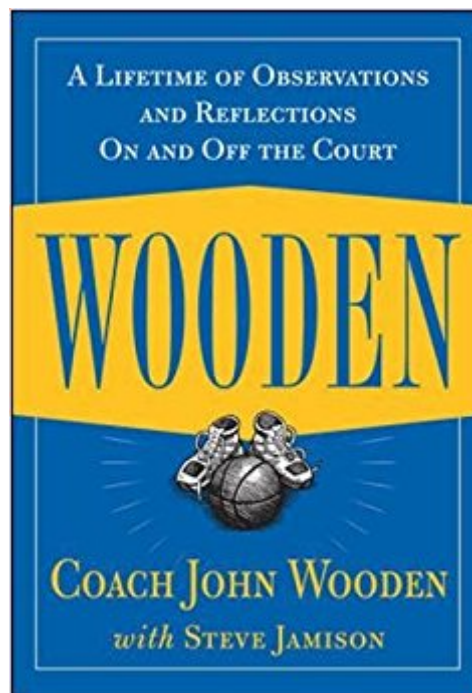




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# Wooden: A Lifetime Of Observations And Reflections On And Off The Court



## Synopsis

NATIONAL BESTSELLER "I am just a common man who is true to his beliefs."--John Wooden

Evoking days gone by when coaches were respected as much for their off-court performances as for their success on the court, Wooden presents the timeless wisdom of legendary basketball coach John Wooden. In honest and telling passages about virtually every aspect of life, Coach shares his personal philosophy on family, achievement, success, and excellence. Raised on a small farm in south-central Indiana, he offers lessons and wisdom learned throughout his career at UCLA, and life as a dedicated husband, father, and teacher. These lessons, along with personal letters from Bill Walton, Denny Crum, Kareem Abdul-Jabbar, and Bob Costas, among others, have made Wooden: A Lifetime of Observations and Reflections on and off the Court an inspirational classic.

## Book Information

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## Customer Reviews

Coach Wooden's remarkable 10 national basketball championships in 12 years at UCLA speak for themselves. In Wooden, the coach--quiet, thoughtful, and introspective throughout his distinguished career--finally speaks for himself, and he's well worth hearing. Wooden is a modern chapbook of inspiration and good sense that reveals the hard-court philosopher behind it as a man of character, conviction, decency, and straightforwardness. There are no complex ideas, just little beams of light filtered through anecdotes that project the kinds of simple, immutable truths that in the end touch nothing but net.

As stated in the introduction, this book is "neither a conventional narrative, a biography, nor a

how-to book on basketball." It is instead a compilation of the tenets and teachings of arguably the greatest basketball coach of all time. Wooden's codes are of the traditional kind, centering on family, faith, friends off the court and organization, dedication, and preparation on the hardwood. Still, he is not stuck in the past. His observation that basketball is first and foremost a game of quickness revolutionized the tactical approach to the sport. The former UCLA coach is above all a teacher, and the lessons he imparts here are derived from a lifetime of learning and achievement. Recommended for adult and young adult collections.~William H. Hoffman, Ft. Myers-Lee Cty. P.L., Ft. Myers, Fla.Copyright 1997 Reed Business Information, Inc.

Â "Happiness is in many things. It's in love. It's in sharing. But most of all, it's in being at peace with yourself knowing that you are making the effort, the full effort, to do what is right." "Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort? That's what matters. The rest of it just gets in the way." "In classic times, the courageous struggle for a noble cause was considered success in itself. Sadly, that ideal has been forgotten. But it is well worth remembering." ~ John Wooden from Wooden

John Wooden's awesome. According to ESPN, he's the greatest coach of the 20th century and some would say he's the greatest coach \*ever.\* A super humble, inspired man, Wooden led his UCLA basketball team (Go Bruins!! :) to 10 NCAA championships in 12 years, including an 88-game winning streak. As a coach, he was all about the \*process\* of becoming a better and better player (and human being) rather than an obsessive focus on the \*outcome\* of winning. As an author he shares this grounded, super practical old-school wisdom in a wonderful way. Here are some of my favorite Big Ideas:

1. Become A Little Better - Every day.
2. Giving Thanks - For our blessings.
3. Perfection - Guiding stars and distant shores.
4. The Realistic Optimist - Let's become one!
5. The Fundamentals - Of success.

Here's to improving our "team" by improving ourselves!! To find 250+ more reviews visit <http://bit.ly/BrianReviews>

As the most successful basketball coach in history, John Wooden's insight should not be taken lightly. John Wooden coached the UCLA Men's basketball team to a record 10 championships which included multiple undefeated seasons as well as 7 championships in a row. These records are unheard of by today's standards and nearly unmatched in all of sports; however, this is not what makes Wooden such a winner. The essence of his philosophy is far more grounded; a level headed view on the meaning of success, an atypical approach on how to prepare, and a foundation build upon strict adherence to admirable qualities of character. Many of John Wooden's ex-players credit him more for his life advice than his basketball teachings, and this is what is found in this

book. Wooden put a significant emphasis on simply doing your personal. He defined success without any regard to whether one won or lost. He taught that there is no use focusing on the things outside one's control, such as how well prepared your opposition is, but to work incredibly hard ensuring you prepare and handle the things within your control, no matter how small. The result is that Wooden maintained a very humble yet effective approach. He gauged success on how hard his teams worked to prepare and as a consequence his teams were more prepared than any in history and the winning followed. Few books on achievement are able to distance themselves from the winning at all costs mentality. Yet Wooden, complete with his impeccable character, offers something new and refreshing in this regard. This book is filled with nuggets of wisdom that will leave you pondering some interesting ideals and undoubtedly appreciate the observations of one of sports greatest coaches.

John Wooden is best known for his 10 NCAA championship titles over the course of 12 years, but how did he do this? Wooden explains his morals and what he believes what success is for anyone to understand. He uses anecdotes not only from basketball but also from his away from the court to help elucidate his point. Ultimately, he feels that there isn't anything really special about his knowledge of basketball compared to other coaches. It's just fundamental principles that many have overlooked. Therefore, it is a good read for anyone--not just from people who are interested in basketball. Wooden's divides his book in mini section where there is a lesson to be learned in every section--where some may or may not affect you. He follows it with examples in his life or his own explanations which I found very interesting. At the same time, I'd say that this is the biggest drawback of his book. Since the book is divided into small sections, sometimes I feel that he abruptly changes from one topic to another. This short transitions killed my pacing when I was reading the book. I found myself wishing for each passage to be much longer to make it more enjoyable and smooth. However, I do feel that Wooden supplies enough information to prove his point in those sections. Whether it's about his definition of success, knowing you did everything within your limits of doing the very best you can do or making sure your shoes and socks fit perfectly to your feet without any creases, he makes sure to complete his thoughts and reasons for the things he states. But I don't believe that this flaw, compared to the vast insight given in this book, is enough to deduct any points of 5 stars. Overall, this book is phenomenal. I feel that everyone is able to reap benefits and learn something new by reading this book because he emphasis the importance of strong character. It's not just about basketball, in fact, many of his students say the same thing: he coached basketball, but he also coached skills that applied after basketball. The

things he says and asks always makes me rethink about what I can improve in my own life, and I'm sure that it will affect the readers who are willing to learn. Thus, I recommend this book to anyone of any age who is willing to change their perspective on the very journey to success.

I bought the book after reading about John Wooden's life as head coach of UCLA and his amazing amount of championships. I have somewhat skipped through the book as I have heard a lot of these stories and thoughts over the years. Which shows how good John Wooden was able to put his ways into our public motivational ideas. I am kind of addicted to reading lots of motivational books, and it is rare for me to hit a book that stands out. I would recommend this book to anyone.

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