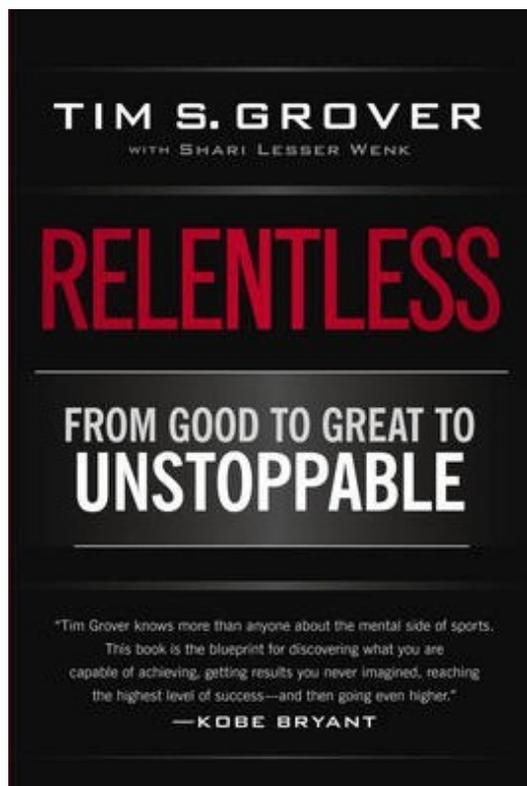


[EPUB] Read Online Relentless: From Good to Great to Unstoppable Full Book



Book info:

Author: *Tim S. Grover*

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Synopsis:

For more than two decades, legendary trainer Tim Grover has taken the greats, Michael Jordan, Kobe Bryant, Dwayne Wade, and dozens more and made them greater. Now, for the first time ever, he reveals what it takes to get those results, showing you how to be relentless and achieve whatever you desire. Direct, blunt, and brutally honest, Grover breaks down what it takes to be unstoppable: you keep going when everyone else is giving up, you thrive under pressure; you never let your emotions make you weak. In "The Relentless 13," he details the essential traits shared by the most intense competitors and achievers in sports, business, and all walks of life. Relentless shows you how to trust your instincts and get in the Zone; how to control and adapt to any situation; how to find your opponent's weakness and attack. Grover gives you the same advice he gives his world-class clients, "don't think" and shows you that anything is possible. Packed with previously untold stories and unparalleled insight into the psyches of the most successful and accomplished athletes of our time, Relentless shows you how even the best get better ...and how you can too.

Additional Information:

Review quote

"Tim Grover is the master of mental toughness. This book is the blueprint for discovering what you are capable of achieving, getting results you never imagined, reaching the highest level of success--and then going even higher." -- Kobe Bryant "I consider Tim Grover to be second to none in his knowledge of sports training, and he was an invaluable part of my training program. He is a take-charge person, with a deliberate but energetic and enthusiastic technique." -- Michael Jordan "Tim Grover's insight into leadership and excellence has taken the greats to the top, and his book will do the same for you. Relentless is about breaking the rules that hold you back and trusting your instincts to take you where you want to be." -- Mike "Coach K" Krzyzewski, Duke University and USA Men's Olympic Basketball head coach, and bestselling author of *Leading with the Heart* "This book will do for you what Tim has done for me--take you to the next level, and show you how to be the best at whatever you do. I have unbelievable trust and faith in him." -- Dwyane Wade "In all the years that I coached, inspired and trained world class athletes there was no better resource to collaborate with than Tim Grover." -- Pat Riley, 8-time NBA champion and NBA Hall-of-Fame coach "If you compete at anything--sports or business or life--you need this book. No one knows more than Tim Grover about competitive intensity, killer instinct and crushing the other guy. He is the best at what he does: Creating champions." -- Charles Barkley "Grover finally marches the public behind the curtain of decades of work with the likes of Jordan and Kobe Bryant, a riveting read that balances the illumination of the work of those stars and how it can apply to everyone else... Magnificent." -- Adrian Wojnarowski Yahoo! Sports Straight up. Relentless...is one of the best books I've ever read. -- Jim Rome "An opus on successful thinking." Sun Sentinel "A must-read... Grover calls upon his decades of experience working with the world's most elite athletes to dissect what it takes not just to succeed, but to be the absolute best." Stack.com

About Tim S. Grover

Tim Grover is world-reknowned for his work with championship and Hall of Fame athletes, including Michael Jordan, Kobe Bryant, and Dwyane Wade, and is an international authority on sport performance and motivation. Since 1989, he has been CEO of Attack Athletics. Shari Lesser Wenk, co-writer of the

bestselling *Start Something by Earl Woods* and the Tiger Woods Foundation, has worked on sports books as a literary agent, editor, and ghost writer since 1983.