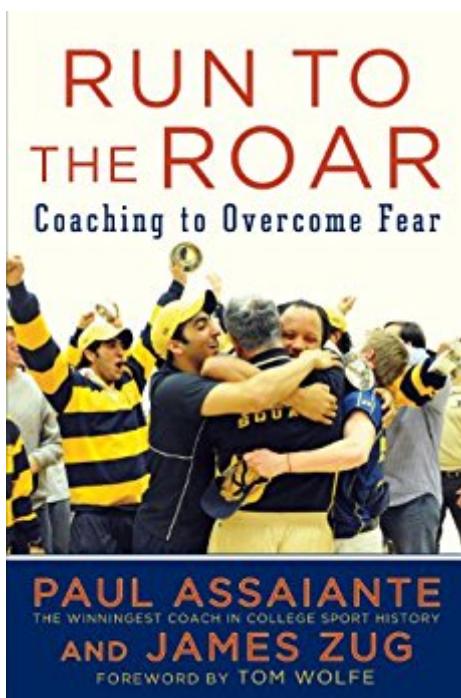


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# Run To The Roar: Coaching To Overcome Fear



## **Synopsis**

The winningest coach in NCAA history shares his lessons on building and coaching teams of champions. For 202 consecutive dual matches over the past eleven years, the Trinity men's squash team has gone unbeaten. No other team in any collegiate sport has achieved the same sustained level of greatness. Run to the Roar is the story of a coach who succeeds in recruiting young men from around the world, getting them to work as a team, managing personalities, calming egos, and encouraging daily effort and focus under pressure. The book's framework is the finals of the 2009 national intercollegiate team championships. As Trinity scrapes out a 5-4 victory over Princeton, Assaiante imparts the insights and experiences that have made him a master coach. In stark contrast to his Trinity dynasty, Assaiante also openly discusses the deep emotional turmoil he faces as the parent of a heroin addict. Run to the Roar is not just a book about squash; it is an invaluable and unique reflection on mentoring, leadership, and parenting from one of the most innovative and successful coaches in collegiate athletics.

## **Book Information**

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## **Customer Reviews**

Coach Assaiante's story is truly inspirational and his original leadership approach provides lessons

for all. His amazing run at Trinity will likely never be matched. The book is a fast-paced read and the excitement of the match against Princeton kept me on the edge of my seat. Highly recommended to anyone looking for tips on effective leadership or just interested in one of the most exciting sports stories in recent times.

Paul Assaiante has had an incredible run as a winning coach on the court, yet he stresses how much more important it is to understand your players and learn what motivates them. He's a humble man, to boot! Very impressive and inspirational read.

This well written book tells the compelling story of the perks and perils of persistence and dedication to victory. It is an inspirational read that also compels introspection and a great respect and appreciation for the sacrifices made by every person who achieves success. The running tally of matches and victories adds an engaging tension to the story throughout and into the epilogue...Another great book from J.W. Zug.

Live for the day & take the time to enjoy the journey. The result may count but in the big picture mean so little. This is a living life & doing good deeds. I do not play squash & received this really great & very engrossing read that virtually no one will not truly enjoy. For my money this one of the greatest & insightful of all the sports books ever written & I have read many of them.

Knowing Paul personally as his representative as a speaker, he shares not just his lessons as a squash coach, but lessons as a life coach. He is one of the most humble and inspiring people I know. Great coach, great man, great speaker.Diane Goodman

GREAT INSIGHT AND ABILITY TO WORK WITH YOUNG SQUASH PLAYERS. A LESSON IN HOW TO COACH! SHOULD BE REQUIRED READING FOR ALL WHO COACH A SPORT OR WORK WITH YOUNG PEOPLE.

Have enjoyed and watched the progression of Trinity squash for over 30 years and also love the game, so this book was "over the tin in the corner" for me.

WONDERFUL BIO OF THE DIFFICULTY OF BEING SUCCESSFUL AT THE OFFICEAND NOT SO MUCH SO AT HOME. GREAT SUMMARY OF WHAT HAPPENSTO ADDICTS.

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Run to the Roar: Coaching to Overcome Fear Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Runner's World Run Less, Run Faster:Â Â Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) NLP Coaching: Learn How to Use NLP in Your Coaching and Become a Great Leader (nlp coaching, nlp books, nlp techniques) ROAR:Â Â How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life The Lion's Last Roar: Suez, 1956 The Lion's Roar: (M/M Shifter Romance) Omega Boys Book 2 Big Cats That Roar: Lions, Tigers, Jaguars and Leopards Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) Overeating: How To Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving) Trypophobia: Real, Terriffying and you defenately have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Stuttering: How To Overcome Stuttering: Learn To Speak Fluently, Speak Without Fear & Get Rid Of Stutter For Life Daring to Challenge OCD: Overcome Your Fear of Treatment and Take Control of Your Life Using Exposure and Response Prevention Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety Be Your Best: Overcome Fear, Stop Procrastinating, Rewire Your Brain and Create Positive Change with Hypnosis and Meditation

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