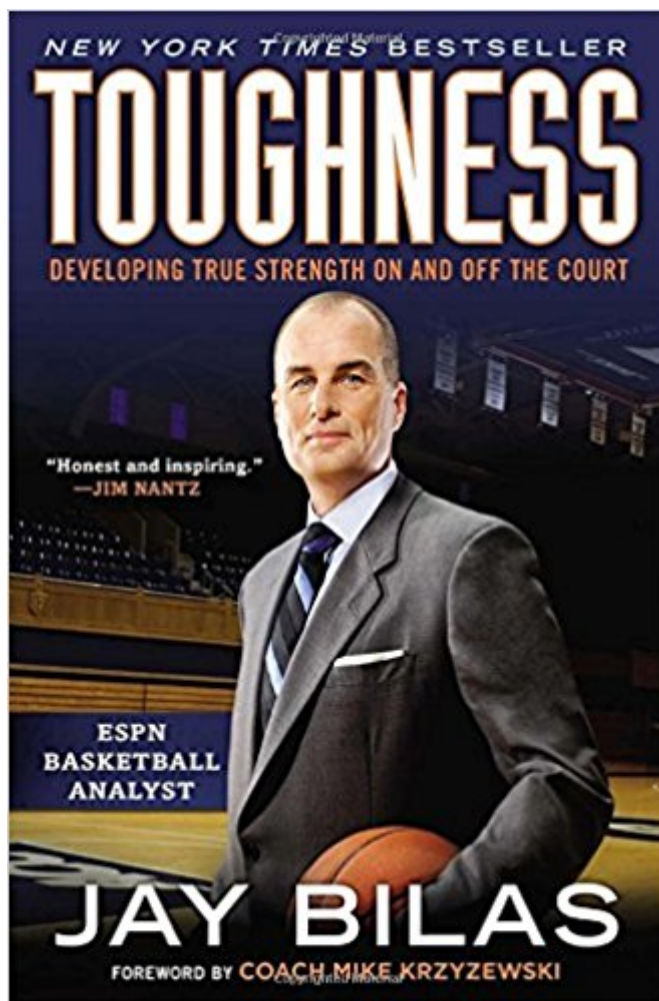




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Toughness: Developing True Strength On And Off The Court



Synopsis

If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's SportsCenter and College GameDay. Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood yet vital attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others, Bilas redefines what it takes to succeed.

Book Information

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PRAISE FOR THE NEW YORK TIMES BESTSELLER *TOUGHNESS* "Honest and inspiring, Jay Bilas explores the many tenets of toughness and shares personal stories and interviews with some of the best athletes and coaches. Toughness is critical to gaining an edge in sports and life, and this book provides lessons to help you succeed from a well-respected expert." "Jim Nantz "If you want the true definition of toughness as it relates to sports and life, this is a must read. Jay Bilas has acquired a wealth of knowledge from his basketball career as a player, coach, and analyst. Jay's

descriptions and illustrations are âAwesome, Babyâ â with a capital A!â âDick Vitale, ESPNâ Jay Bilas gives meaning to one of the most overused words in sports. Bilas explains the complexity of acquiring and utilizing all aspects of toughness, be it mental or physical, both on and off the playing field. It is a great description of a concept and value we all need in our lives.â âHall of Fame coach Jim Calhounâ Tough it out. Be tough. Stay tough. How often do we hear that in sports and life? Itâs the go-to answer for any problem. We all want toughness. Jay Bilas takes this intangible concept and gives it concrete meaning. The inspiring and humbling stories of truly tough people are written artfully and show that being tough isnât just a catchall clich  . Itâs a transforming personal value. Jay does a brilliant job illustrating why toughness is a quality I want to cultivate in my life every day.â âRece Davis, ESPNâ Make sure you are holding a yellow highlighter when you read this book. There is an incredible amount of wit and wisdom in these pages, thanks to the dedication, hard work, and âyesâ toughness Jay Bilas demonstrated by talking to all of these people. Reading this book wonât make you tough, but it will teach you how to get there.â âSeth Davis, Sports Illustrated and CBS Sports

Jay Bilas is one of the most widely recognized voices in sports. He is a regular analyst and color commentator on SportsCenter, ESPN game broadcasts, the wildly popular College GameDay, and coverage of the NCAAâs Final Four and NBAâs Draft. He was a four-year starter at Duke and helped lead the team to the Final Four. He played three seasons in Europe before signing on as assistant coach to Coach K from 1990-1992, during which time Duke won back-to-back national titles. He is currently a partner at the law firm Moore and Van Allen.

This book was a combination of a trip down memory lane and an exciting educational piece from which both adolescent and adult readers can benefit. First, the sharing of his personal and family life helps the reader appreciate his own values and work ethic. His high school experiences in dramatics and his memorable teacher gave him a confidence that continues to serve him well in the adult roles he plays today. Bilas makes the case for toughness using the topics of trust, preparation, courage, communications, self-evaluation, persistence, and resilience. And he uses coaches and athletes who are worthy role models for his subject, toughness: Bill Self, Tom Izzo, Mike Krzyzewski, Grant Hill, Steve Kerr, and Curtis Strange. Bilas uses himself throughout the book as a moving "toughness-target", freely admitting how he was not always tough enough and has kept growing in this regard. The stories the author brings to print are not just instructive, many are emotionally memorable and inspiring. The tough aren't always the physically strongest, as noted by

the young, tenacious brain-cancer-surviving, fourth grade teacher and her doctor who both live "hope" daily. I am a Durham, NC native, an ACC basketball fan, Blue Devils fan, Jim Valvano fan, and Dean Smith fan! I remember the 80s teams of Bilas, Alarie, Henderson, Amaker, and Dawkins, but I never knew how driven and talented the individuals were. Personally, I thought it was cool that Mark Alarie only wanted to focus on the positive, that he did not want to be shown video of his screw-ups, which Coach K is famous for. Alarie was extremely tough on himself and had hugely high self-expectations. I enjoyed Jay's conversational style, his sense of humor, and his modesty. Even when he cited his talents or accomplishments, he never exaggerated them. This book will contribute to many, many future successes that otherwise would never have happened, because individuals and/or teams would never have developed the kinds of toughness that this book illustrates and inspires!!

Jay Bilas gives powerful testimony to the real meaning of being tough. Life is rough and it takes being tough to cope with its challenges. As a basketball fan, and particularly Duke basketball, I was attracted to the book in large part because I knew something about the author. Through the book, he reveals himself to be human like many of the rest of us, not just a famous jock who became an excellent analyst of a fast moving game. The book is an easy read. It tells the truth about what being tough means and the struggles one must endure to achieve it. We cannot all be national champions, but we can be tough and live a great life at the top of our own game, whatever that may be. I recommend the book.

My husband's the polar opposite of me - I'll admit to being a woman not particularly enamored with watching sports, but my husband lives and dies by how his favorite sports teams are performing! Though I'll sit and watch his favorite college hoops team's games with him, sometimes he gets so over-the-top excited (which is fun) or angry about bad calls (not so fun), and I've never understood "loving" and "hating" different teams. He's always "hated" (such a strong word!) Duke much in the same way so many people "hate" his favorite team... sporting a consistently good record seems to be the inspiration for such intense feelings! What I do have to at least give him some credit for is being able to single out certain players (or former players, as the case may be) - even from "hated" teams - as people of integrity and quality, with Jay Bilas being one such person. He so thoroughly enjoyed this book that as soon as he finished it, he passed it along with high recommendation to my brother-in-law, who coaches a high school hoops team --- who then promptly ordered copies for every player on his team, so that should tell you something about the book's inspiring

message!A very inspiring book that was a 5 star "slam-dunk" from both my hubby & brother-in-law.

Great book by one the brightest minds covering college basketball today! A MUST READ by anyone interested in expanding their views on how to get things done!

Bilas did a great job to show how skills and characteristics one can pick up in a team sport translate well into the real world and contribute to success.

great book. Bilas is the man. very well written

Good insight into different definitions of toughness.

Very informative and down to earth with both personal and real world examples. Jay has truly differentiated between true toughness and bravado.

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