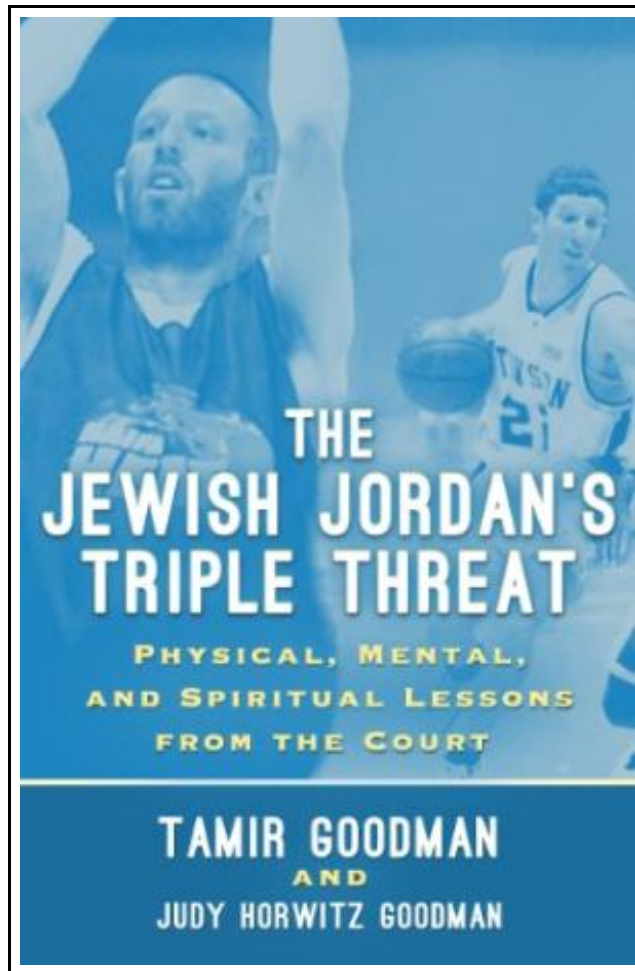


The Jewish Jordans Triple Threat Physical, Mental, and Spiritual Lessons from the Court



Filesize: 8.19 MB

Reviews

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

(Malcolm Block)


THE JEWISH JORDANS TRIPLE THREAT PHYSICAL, MENTAL, AND SPIRITUAL LESSONS FROM THE COURT



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Diversion Books. Paperback. Book Condition: New. Paperback. 94 pages. Dimensions: 7.7in. x 4.9in. x 0.4in. Reminiscent of Phil Jackson's SACRED HOOPS, Tamir Goodman's TRIPLE THREAT explores physical, mental, and spiritual lessons, on and off the court. Tamir Goodman was dubbed The Jewish Jordan by Sports Illustrated for the unorthodox combination of basketball prowess and devout faith that he brought with him onto the court as a top-ranked high school recruit, D-I and professional basketball player. Goodman's book features practical basketball training tips, strategies to contend with the mental side of the game, and game-like scenarios to demonstrate how this advice will pay off on the court. The book also takes readers on a fascinating journey through Goodman's career, a highlight of which includes Goodman making history as the first Jewish player to play D-I and professional basketball while wearing a yarmulke and refraining from playing on the Jewish Sabbath. By weaving the hands-on advice with the intriguing personal stories, Goodman examines the basketball fundamentals of shooting, ball-handling and passing from the physical, mental and spiritual perspectives and assigns each of these moves a deeper meaning. Goodman uses examples from his career to make the point that adding an individualized spiritual element to physical and mental training can help athletes take their game to the next level, while also helping them to identify and achieve meaningful success on the court and in life. The nickname Jewish Jordan might roll off the tongue, but Tamir Goodman's journey to realize his basketball dreams was no breeze. I thoroughly enjoyed reliving all the twists and turns through HIS eyesone of the finest sportsmen and ambassadors that our people have ever known in this captivating book. Marc Stein, ESPN NBA Reporter an inspiring book with expert basketball advice that is great for players of all levels....

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