



## Old School Grit: Times May Change, But the Rules for Success Never Do (Sports for the Soul) (Volume 2)

By Darrin Donnelly

Shamrock New Media, Inc. Paperback. Condition: New. 160 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. Dont Run Away From Lifes Obstacles, Run Through Them! Psychologists tell us that the secret to a successful and happy life, more than anything else, is something called GRIT. Defined as the willpower to persevere with passion and a sense of purpose, research shows that grit is what matters most in whether a person succeeds or fails. That same research shows that previous generations had a lot more grit than todays younger generations. This isnt surprising. After all, most of us would agree that those older, wiser, and tougher members of the Greatest Generation are prime examples of what it means to persevere, to never back down, and to make sacrifices for a greater purpose. We could all use more of the OLD SCHOOL GRIT they embraced. In this book, Bob Flanagan represents the voice of old school grit. A legendary college basketball coach who thinks like John Wooden and talks like Mike Ditka, Flanagan is entering the final days of his coaching career. While his team tries to advance through the NCAA postseason tournament, Flanagan uses his last days as a coach to write his...



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