



The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents and Coaches

By Reggie Marra

From the Heart Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. If you've been waiting for a book on youth, interscholastic and intercollegiate sport that honors and addresses the need for cooperation among student-athletes, parents and coaches, and that embraces physiology, philosophy, and ongoing development with a focus on what's best for the student-athlete, welcome home. The 2013 editions of *The Quality of Effort* and *The Quality of Effort Workbook* invite student-athletes, parents and coaches to observe and explore their unique and necessary roles in bringing about a healthy athletic experience. Reggie Marra writes through the soul of a poet-athlete-teacher-caregiver, and kid who got cut from the team he later went on to coach. He takes us by the hand and challenges us to inquire into our own values, behaviors, and relationships. If we're willing to take up the challenge, this inquiry helps us see ourselves and all those heroes and villains out there from increasingly comprehensive and balanced perspectives. Preaching only what he practices, in *The Quality of Effort*, Reggie Marra authentically engages each of us to become increasingly more aware of our stories, the interpretations we choose, and how they affect, and even effect, what...



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