

Crunch Time



7 Sports Legends
On Managing Crisis

Brian P. Dunleavy

Ebook Crunch Time Sports Legends Managing Ebook

John Feinstein



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Health Psychology, with eBook Access Code Jeffrey S. Nevid, Spencer A. Rathus, 2025-03-18 BRINGS THEORY AND RESEARCH TOGETHER IN PRACTICE TO HELP READERS ADOPT HEALTHIER BEHAVIORS Health Psychology Applying Psychological Science to Health and Wellness brings the contributions of health psychologists to students with an approach that makes their study of the subject personally meaningful Encouraging students to examine their own health related behaviors and attitudes the text presents students with the latest research findings that inform our understanding of the interrelationships between psychology and health This easily accessible textbook covers topics traditionally addressed in a health psychology course as well as broad and deep coverage of important health related issues relating to reproductive sexual and psychological health Dedicated chapters provide the context for many health issues such as sexually transmitted infections and their prevention behavioral aspects of reproductive health decision making about reproductive options sexual dysfunctions and psychological health issues viewed from the biopsychosocial perspective Throughout the text the authors use a personal writing style that injects a bit of humor to engage student readers all the while keeping a focus on developing healthier behaviors that anyone can apply in their daily lives AN INTERACTIVE MULTIMEDIA LEARNING EXPERIENCE This textbook includes access to an interactive multimedia e text Icons throughout the print book signal corresponding digital content in the e text Concept and Topic Videos Throughout the enhanced e text students will find a variety of videos that complement the reading with brief explorations of general psychology concepts that are relevant to the discussions of health psychology Animations A variety of engaging animations illustrate concepts from a real world sometimes humorous perspective Interactive Self Assessments Self scoring questionnaires stimulate interest and provide self insight Appearing throughout the enhanced e text these exercises help students satisfy their curiosity about themselves and enhance the relevance of the text to their lives Interactive Figures Charts and Tables Integrated throughout the enhanced e text interactive figures diagrams and other illustrations engage students to facilitate study and strengthen retention of important information Interactive Self Scoring Quizzes Students can check their answers to the Review questions at the end of each major chapter section instantly and an end of chapter Practice Quiz helps prepare for graded assignments and exams

Crunch Time, 2015-12-20 Crunch Time You've been there It's when the clock is winding down and the game or your job is on the line It's when you're trying to keep your head while all about you people are losing theirs and blaming it on you Crunch Time is when crisis comes Great athletes and coaches face Crunch Time on a regular basis Their successes and failures victories and defeats adulation and humiliation take place on a grand stage We watch them win and we watch them lose We see them rise to great heights and we witness their fall Each of the sports figures in this book has faced Crunch Time again and again both on the field and often in their personal and work lives All of them in their own way are amazing people Gifted yes but more than gifted Nancy Lieberman Lou Vairo Bruce Baumgartner Mark Gubicza Phil McConkey Jackie Joyner

Kersee Mike Richter Seven world class athletes coaches and leaders In the pages of *Crunch Time* they share with you their experiences at the top of amateur and professional sports their high and lows and the very real personal challenges they ve faced Seven fascinating personalities offer their insights on managing crisis in sports and more importantly in life *Next Man Up* John Feinstein,2007-09-03 In the NFL there is only one certainty that every day someone will have to be the Next Man Up Football is an unrelentingly punishing sport played and practiced at undiminished intensity and it devours its players Confronting injuries trades and the grim reality of competition every NFL team prepares constantly for the likelihood the certainty that even franchise players can go down at any time And someone new must be ready trained and primed to step in at the highest level Bestselling sportswriter John Feinstein persuaded one NFL team to lift the extraordinary secrecy that shrouds the sport and let him see how a team operates at the closest level One team let him join every practice every coaches meeting every players gathering every strategy debate From the give and take of draft day into the grinder of summer training camps and from 100 degree practice games to the last game in frigid conditions Feinstein reveals how a football team works or fails to work as no writer has done before *Next Man Up* unveils rituals what a coach tells a player at the moment he cuts him rules the inanities of league appointed uniform Nazis conflicts the scouts vs the coaches the general managers vs the agents the offense vs the defense the special teams coaches vs everybody money how much a journeyman makes and how his life differs from the multi million dollar a year star players every nuance of a team s life from the owner s goals to the coach s day to day travails to the feeling of the sleet soaked ball in the hands of a receiver on artificial turf The access John Feinstein enjoyed allows him to discuss with equal understanding the owner s management strategy the coaches and coordinators plans for each new game and how it all affects the players themselves Anyone who loves football any team in any era will savor the thousands of details revealed here for the first time and the extraordinary drama that goes into following week after week the most sensational sport in America **The Crunch** Pat Toomay,2001-03 *Crunch Time* Rick Peterson,Judd Hoekstra,2017-01-23 Be Your Best Under Pressure Learn how elite athletes like Michael Jordan Sandy Cofax Tom Glavin and Pedro Martinez deal with pressure In his 15 years as a major league pitching coach with Moneyball Oakland A s NY Mets Milwaukee Brewers and Baltimore Orioles Rick Peterson has coached Hall of Famers Cy Young winners and many other elite athletes In this book he and bestselling author and leadership expert Judd Hoekstra make this skill available to everyone From an insider s perspective learn how you too can become a *Crunch Time* performer and perform your best in all situations With fascinating behind the scenes examples from some of the top names in sports and business Rick and Judd offer six powerful reframing strategies to help you see a pressure situation with a new perspective so that it shifts from a threat that can make you panic to an opportunity for you to shine With a Forward by Money Ball Billy Beane EVP Oakland Athletics

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