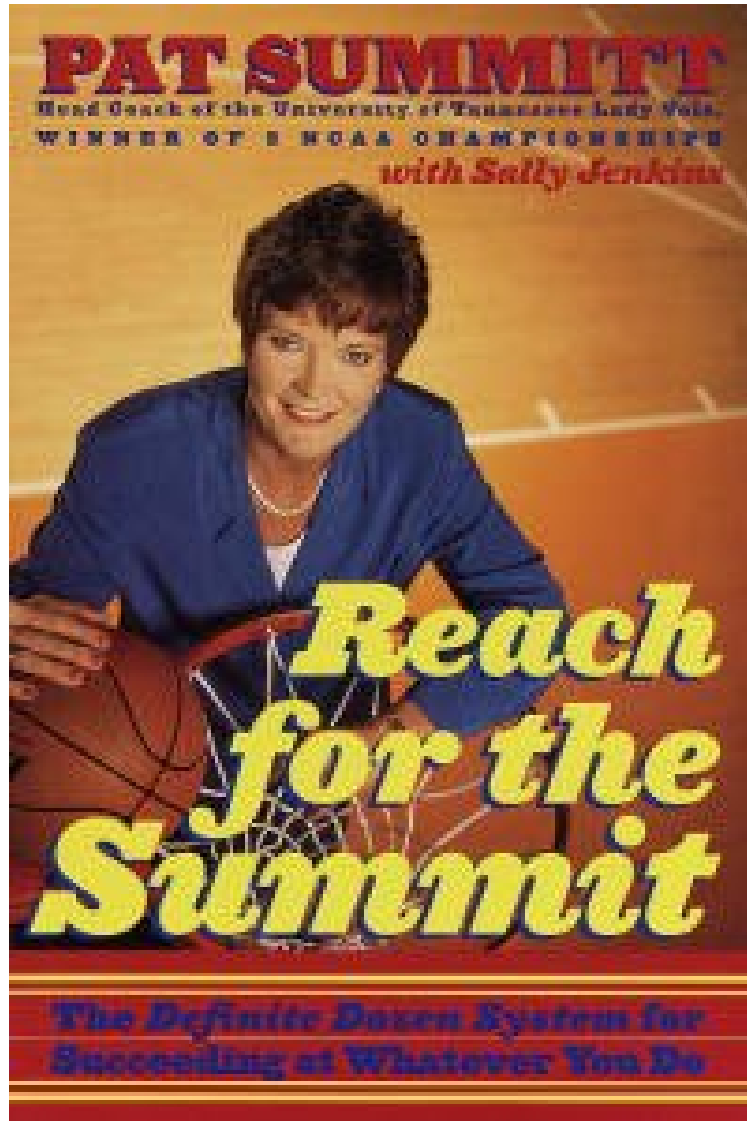


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## Reach for the Summit

*Pat Summitt*

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**Pat Summitt : Reach for the Summit** before purchasing it in order to gage whether or not it would be worth my time, and all praised Reach for the Summit:

11 of 13 people found the following review helpful. You can't argue with success -- so give this Tennessee gal her due. By Kevin Woodward. No one basketball coach in the history of the game -- man or woman -- has won more games or been more successful than Pat Head Summitt. And whether you happen to like her -- or not -- you just have to give this home-grown Tennessee gal her due. Published in 1998 and written in conjunction with renowned sportswriter Sally Jenkins, this book chronicles Summitt's personal recipe for success, as described in the subtitle as "The Definitive Dozen System for Succeeding at Whatever You Do." Today, seven years later, I seriously doubt if Summitt

has altered her recipe one bit. The Summitt system applies not only to basketball, or to coaches, but to anyone interested in reaching higher, to succeeding, or just plain winning. I recently took a graduate level project management leadership class, which included Myers-Briggs and Kiersey personality typing. I happened to belong to the ESTJ type, as does Coach Summitt, which made her particularly interesting to me. I am a coach myself, and a basketball fan, though not necessarily of Tennessee, which can best be described as the New York Yankees of women's college basketball. I follow the Stanford Cardinal, who enjoy a particularly healthy rivalry with the Lady Vols, and have watched Coach Summitt pace the sidelines up close and personal. A few years ago I had the pleasure of hearing her speak at a local bookstore here in California, thousands of miles from her home turf, and couldn't help but walk away impressed. And when I'm not cursing Summitt, I'm loving her. Who can't? A master motivator, tactician and self-confessed workaholic, there's not a Fortune 500 CEO alive who couldn't learn a thing or two from her competitive spirit, winning methodology and ethical excellence. She not only talks the talk, she walks the walk, so whatever you do don't get in her way. But if you do, when the final horn sounds, she'll be the first to shake your hand and buy the first round. She honors the game with every breath she takes. You can easily read this book in a day, but its message will last a lifetime. Play hard, have fun.

0 of 0 people found the following review helpful. Five Stars  
By AntonioLove the book.  
1 of 1 people found the following review helpful. A must read for anyone in the coaching/mentoring field or considering getting into it  
By William Edward CutlipExcellent book on what it means to coach females, specifically, and motivate/instill a sense of leadership/responsibility in general. While some of Summitt's family memories struck me as out-and-out abusive, it was good to see that she didn't carry her father's behavior forward into her coaching.

"I'm someone who will push you beyond all reasonable limits. Someone who will ask you not to just fulfill your potential but to exceed it. Someone who will expect more from you than you may believe you are capable of. So if you aren't ready to go to work, shut this book."--Pat Summitt

Pat Summitt, head coach of the University of Tennessee Lady Vols, was a phenomenon in women's basketball. Her ferociously competitive teams won the NCAA championship in 1996 and 1997 and made her the winningest coach in NCAA Division 1 women's history. Summitt wrote the first motivational book by a high-achieving female coach. In *Reach for the Summit*, she presented her formula for success, which she called the "Definite Dozen System." In each of the book's twelve chapters, Summitt talked about one of the system's principles--such as responsibility, discipline, and loyalty--and showed how to apply it to your own situation. Pat Summitt used her own remarkable story as a vehicle for explaining how anyone can transform herself through ambition. Through many amusing anecdotes and a few very painful memories, she revealed her mistakes and triumphs as a beginning basketball player, as an Olympic athlete, as a Division 1 coach, and as a mother. Although Summitt was not born to the easy life--she was born into a hard-working farm family in a remote corner of Tennessee--she became one of the most successful and highest-paid coaches in the country. She candidly talked about how she turned her losses into wins and then showed how you can do the same. Wonderfully entertaining and brilliantly instructive, *Reach for the Summit* discloses the winning secret to building a principled system and making it to the top at whatever you do. Pat Summitt's story will motivate you to achieve in sports, business, and the most important game of all--life. From the Hardcover edition.

.com Pat Summitt has been called a living legend. As head coach of the University of Tennessee Lady Vols, Summitt has taken her NCAA Division 1 women's basketball team to back-to-back national championships in 1996 and 1997, and five titles in a 10-year span. In *Reach for the Summit*, with the help of former *Sports Illustrated* writer Sally Jenkins, she draws from 24 years as a successful head coach to provide motivational advice for anyone who wants to succeed in sports, business, and life in general. Structured around her Definite Dozen system, each chapter covers one of her 12 commandments of achievement by interweaving personal anecdotes, strategies for success, and basic ethics. A lot of people can win once, she writes. They get lucky, or follow their intuition, or strike on a good short-term formula. But very few people know how to repeat success on a consistent basis. They lose sight of their priorities, grow content, and abandon their principles. Summitt's book is about building a system of principles and sticking to it. The crowd roars for Pat Summitt and *Reach for the Summit*: "Pat Summitt . . . [is] a genius of a coach."--*New York Times* "Pat Summitt is a metaphor for excellence and hope. In this book, Summitt opens a window through which we discover the elements of mental toughness and passion that bring such success to herself and to her athletes."--Tara VanDerveer, head coach of women's basketball at Stanford University "If you want to understand what makes a champion, in any field or on any level, read Pat Summitt's story."--John Feinstein, author of *Season on the Brink* and *A March to Madness* "[Pat Summitt is] always seeking new information. That's what renews a coach."--Phil Jackson, head coach of the Chicago Bulls "If you want to learn about winning and the elements for success, Pat Summitt can provide all the data to tell you how to win at any level. To put it in Vitalese, she is awesome, baby, with a capital A."--Dick Vitale, ESPN sports commentator "As a manager and a master motivator, Pat Summitt transcends sports. The most experienced CEO can learn from her contagious work ethic and ingenious methods." --Ken Blanchard, coauthor of *The One-Minute Manager* From the Hardcover edition. From the Publisher

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