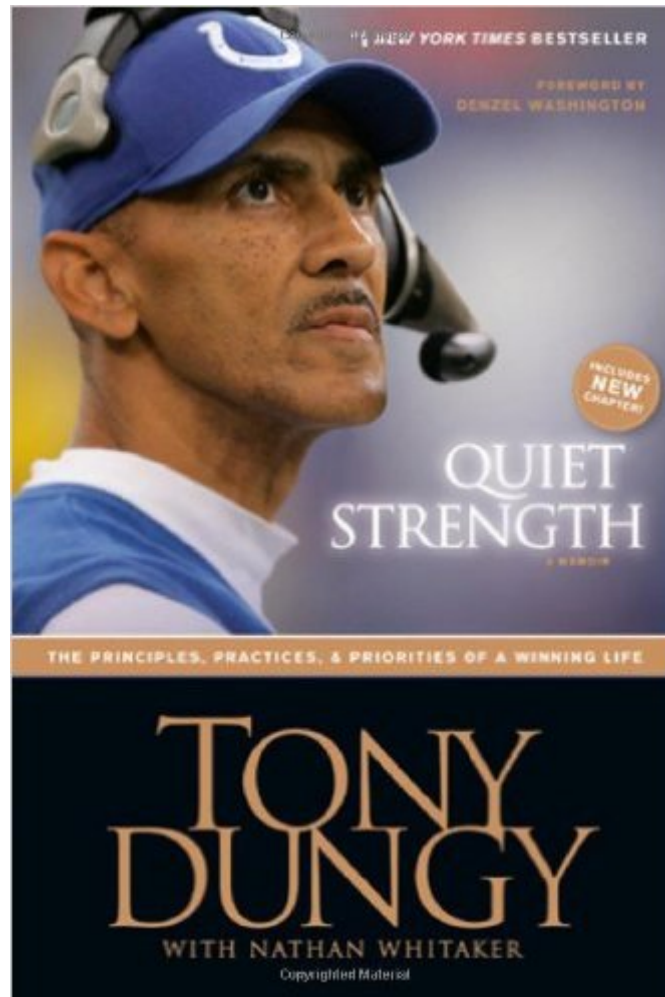


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# Quiet Strength: The Principles, Practices, And Priorities Of A Winning Life



## Synopsis

2008 Retailer's Choice Award winner! Tony Dungy's words and example have intrigued millions of people, particularly following his victory in Super Bowl XLI, the first for an African American coach. How is it possible for a coach—especially a football coach—to win the respect of his players and lead them to the Super Bowl without the screaming histrionics, the profanities, and the demand that the sport come before anything else? How is it possible for anyone to be successful without compromising faith and family? In this inspiring and reflective memoir, now updated with a new chapter, Coach Dungy tells the story of a life lived for God and family—and challenges us all to redefine our ideas of what it means to succeed. The softcover edition of this #1 New York Times best-seller includes a new chapter! In it, Coach reflects on the 2007 football season and last year's successful hardcover release of *Quiet Strength*. Also features a foreword by Denzel Washington and a 16-page color-photo insert. Over 1 million in print!

## Book Information

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## Customer Reviews

Two words sum up my review of Tony Dungy's book: Deeply inspirational. It doesn't matter what your background and interests are, everyone should read this book. You don't have to be a Colts fan. You don't have to even be a sports fan. You don't have to be a Christian, although Dungy's Christ-centric lifestyle is quite an inspiring model, especially when compared to the lifestyles of others in the game. This isn't a football book. If you're looking for the X's and O's of how the Colts won the Super Bowl you'll need to look elsewhere. This is a remarkable story about a remarkable

man and his journey up to now. Although it's easy for all of us to look at the positives in Dungy's life, especially since it's only been about 5 months since the Colts won the Lombardi trophy, this book outlines the many, many challenges and setbacks he's had along the way; but it's how he's responded to each and every one of those situations that make him an excellent role model. I had often wondered why a search of "Tony Dungy" on yielded nothing until this book came out. The reason behind that is explained in the Introduction: as a very quiet, private man, Dungy didn't see the need to hype his career/life in a book. Or he didn't until he realized it could be used to help others, and that's precisely his goal with *Quiet Strength*. Much has been written about his outreach to teens in trouble after his own son committed suicide in 2005. Seeing this man in action and hearing him speak recently, I have no doubt these reports only scratch the surface. Dungy is a remarkable person who impacts everyone around him. Dungy isn't one to operate with a bunch of smoke and mirrors. Even his advice on building a solid team would be considered pretty dull by today's standards.

The head coach of the Indianapolis Colts, Tony Dungy has written an incredibly touching biography. For years Lovie Smith (coach of the Chicago Bears) and Dungy were considered "too soft" to be effective leaders in the NFL. They were also regarded to be two of the finest individuals associated with professional sports: both have genuine character, are humble, give thanks to God instead of themselves, and have a strong sense of family. The players on the Colts feel that kind of closeness to Dungy: a family spirit. Imagine the difficulty of uniting and motivating 44 of the toughest men on the planet into a common goal without resorting to strong-arm tactics that they are used to. Tony's book is a testament to making life a 'family moment.' Achievement shouldn't be made at the sacrifice of the achiever's soul. There are many real life lessons in Tony's biography, but this book is much more than that. They detail how to deal with issues with maturity, humility and thoughts of others first. Does it work? Well, he just won the Super Bowl with that philosophy, and believe me, 100's of sportswriters woke up the next day with stale egg on their face. Dungy agonized whether to put the heartbreaking story of his son in the book, but finally relinquished to help others who have to somehow come to terms with family tragedies. I've grown so weary of endless sport exposes' that emphasizes the negative. That is one of the delights I had when reading this book- the absence of sports self-glorification in the Dungy story. This is far from being your average sports tell-all. In August of 2007, this book was number 1 in the country in sales, proving that you don't have to write a gossip book for a novel to be successful about sports.

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