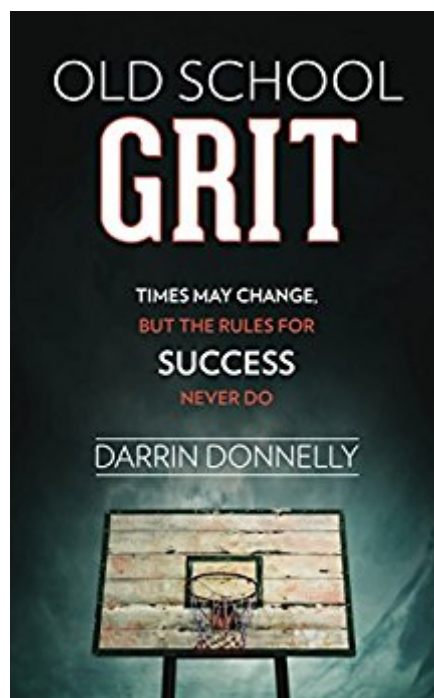




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# **Old School Grit: Times May Change, But The Rules For Success Never Do (Sports For The Soul Book 2)**



## Synopsis

The 15 Unbreakable Rules for Building Grit and Achieving Your Dreams! 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 today's younger generations. This isn't 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 grandchildren letters revealing the rules for a successful and happy life. The rules of grit. Though Coach Flanagan's letters are intended for his grandchildren, they might as well be for America in general. This is a man who lives by the old school code of faith, family, courage, and character; and he believes too many people have gone soft these days. They give up on their dreams too easily. They whine, complain, and pass the blame. They spend all their time and energy trying to avoid challenges instead of bucking up and powering through them. Flanagan's letters are a rallying cry for toughening up and building grit. His fifteen rules provide a clear path to success in any endeavor. Consider this book an instruction manual for getting back to the values that truly lead to success and developing the type of old school grit that will get you through anything.

## Book Information

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## Customer Reviews

I am really enjoying this book. It is easy to read, I love the story, and I can pick the book up at any page and get some motivation to move forward to achieve my goals. It is a great book to help me stay motivated and in control of my sport destiny. It inspires me to live up to my own standards and that is what I appreciate most about it. I highly recommend this book to anyone looking to gain motivation and create more momentum toward goal achievement.

I loved this book and although it was fiction it reads like an autobiography. The life lessons Coach teaches are awesome and true. A book on how to build character is what it really is.

As an "old school" basketball coach myself, I loved Old School Grit! I plan on using the 15 Rules presented in the book as my topics for team meetings with my high school basketball team this year, and "Old School Grit" as our mantra for the 2017-18 season. Great read for the coach or leader in any field. Darrin Donnelly knocked this one out of the park!

Short read but to the point. Same as Think like a Warrior, I took a lot of great points out to live by and incorporate in my daily life. Very happy about both books to be honest. I reflect on these points daily as I head to work.

Quick easy read that sets out a list of easy to understand but not always easy to follow rules for showing true grit!

This book is written as a fictional diary of a successful college basketball coach playing out his last year before retiring. It is narrated as a grandfather to his grandchildren in an attempt to share gritty

old school wisdom from his generation. The narrator has cancer and wanted to take the time to write down his wisdom while he still had time. It is written in contrast to the modern day politically correct, coddling, emotional, and victimhood mentality of the modern Western world in many cases. The principles taught in this book are: You create your own destiny. Your beliefs determine what is possible. Embrace your struggle. Finish strong. Stick with what you love. Keep moving forward. Meet others needs. Find a greater purpose. Avoid the negative. Effort beats talent when talent doesn't work hard. Focus on what you can control. Don't waste time. Never quit. This book takes you through these lessons in an interesting narrative. It is perfect for understanding the key principles needed for success in sports and business. I enjoyed reading this book and it was a great story and a good reminder of the right principles to live by. (I received a review copy of this book.)

Love the approach of this story! It's a refreshing way to read a self help book. It's to the point and leaves me wanting more. We follow a Coach on his last run. He uses journal messages to teach us lessons and gives us motivation that can be used in our everyday lives. This book is the second in the Sports for the Soul series and each one has given me a fresh perspective to live my life to my full potential. Would definitely recommend!

I love the premise of this book "that it is impossible to avoid hardships and set-backs in life, but that successful people are the ones who find a way to power through life's inevitable obstacles. The rules in this book helped build up my confidence that I can handle anything that comes my way. I loved the way the rules are told through the voice of an "old school" basketball coach. My favorite rule was "Focus on Only the Things You can Control" so much easier said than done and one of life's most valuable lessons (of which I need continual reminding!). The story was touching and motivational and the rules for building grit and a good life are timeless!

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