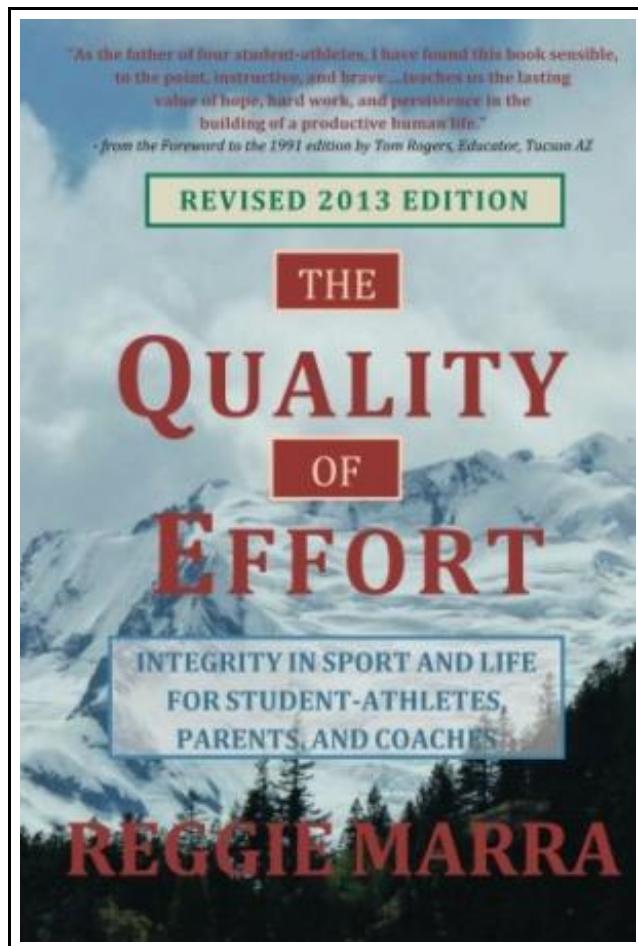


## The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents and Coaches



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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 we do next as parents, coaches, student-athletes and human beings. Early Praise As a former college athlete and longtime leader of high-performance military units, I recommend Reggie Marra's work with unbridled enthusiasm. Following this comprehensive approach to training will not only produce better athletes, but also happier and healthier citizens as our youth grow and take their place in the world. -Fred Krawchuk, Retired U. S. Special Forces Colonel and RAND Consultant. Reggie Marra offers a blueprint that encourages our children to become not only better athletes but better people. He delivers a powerful message filled with humanity and...

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