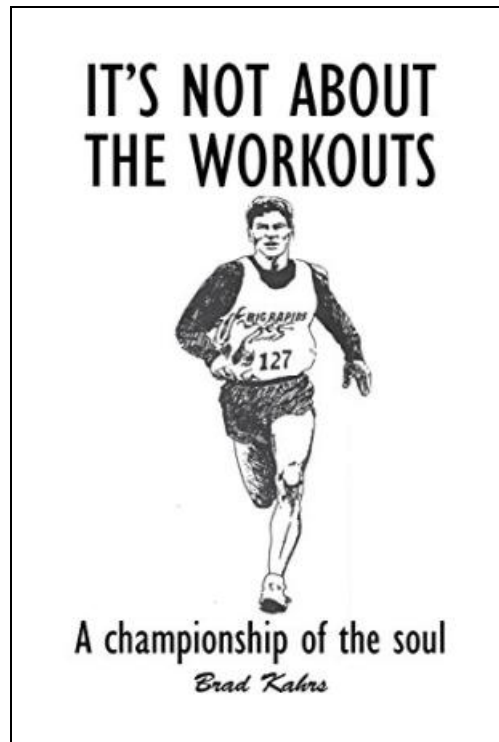


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## IT S NOT ABOUT THE WORKOUTS: A CHAMPIONSHIP OF THE SOUL



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AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. One of Coach Kahrs greatest and most lasting gifts to me as a person and as a coach myself was teaching me that before a team can experience winning, each person must buy into the program.the deep belief that what Coach is having us do in the way to win. It is having that faith in what you are doing that breeds success. - Mark Christner, Men s Head Basketball Coach, Waynesburg University In rare circumstances the magic of team happens in human endeavors, and the collective team achievement and surrounding spirit transcends the individual efforts. The art and science of creating this circumstance is a challenging formula to capture. Coach Brad Kahr s heartfelt book about coaching his team through a very special season succeeds. The lessons and insights that Brad and his team traveled through that special year have relevance not just to building running teams, but to any collection of individuals united on a purpose driven mission with the guidance of a caring, mentoring, and passionate leader. - Keith Brophy, CEO of Sagestone, CEO of Ideomed, former West Michigan Entrepreneur of the Year The greatest stories and greatest lessons are those with a heart and soul behind them. The struggles, difficulties, and wonderful moments of Brad Kahrs life are filled with both. The journey of a runner whose life has been filled with commitment to human beings and passion to a heart-breaking sport allows for the most exhilarating, heart-touching, and inspirational stories. - Scott Hector, 2001 Michigan Cross Country Coach-of-the-Year 1988 Cross Country State Champion When it comes to getting the most out of an athlete physically, mentally, and emotionally, Coach Brad Kahrs is...



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