

UPDATED AND EXPANDED



OFF THE BENCH AND INTO THE GAME

EIGHT SUCCESS STRATEGIES FROM PROFESSIONAL SPORT

RYAN WALTER

Off the Bench and Into the Game: Eight Success Strategies from Professional Sport, Ryan Walter, Heritage House Publishing Co, 2006, 1894974239, 9781894974233, 147 pages. Choose success with Off the Bench and Into the Game...Our lives are in a constant state of change. We move from times of extreme confidence and accelerated performance to times of disappointment and discouragement. As the speed of life increases, we sometimes feel like we are wasting our potential on the bench rather than achieving success by flying down the ice. In this updated and expanded edition of his inspirational book, Ryan Walter explores performance and success, using techniques he learned during 15 years in the NHL. His subjects range from mental toughness and successful habits of thought to leadership and the differences between being a player, a team player and a leader..

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Journey Through Risk and Fear , Bernie M Parent, Michele M Paiva, Dean Smith, Jan 17, 2011, , 154 pages. .

Hockey Plays and Strategies , Ryan Walter, Mike Johnston, 2010, Sports & Recreation, 212 pages. Authors Ryan Walter and Mike Johnston draw on their NHL coaching experience to pack Hockey Plays and Strategies full of offensive, defensive and special play systems proven to

Go for it! how to win at love, work, and play, Irene C. Kassorla, Irene Kassorla, May 1, 1984, , 290 pages. Recommends methods for developing self-confidence and increasing self-esteem in order to achieve success in a career and personal life.

Wayne Gretzky Greatness on Ice, Jessica Morrison, 2010, Juvenile Nonfiction, 112 pages. Surveys the life and career of the hockey player many believe was the best so far, describing his ability to read the game and consistently make the right moves, which earned

In Pursuit of Excellence , Terry Orlick, 2008, Sports & Recreation, 311 pages. Internationally acclaimed sports psychologist Orlick provides new insights and a powerful step-by-step plan to help readers fulfill their aspirations. Both practical and

Simply the Best Insights and Strategies from Great Hockey Coaches, Mike Johnston, Ryan Walter, 2007, Performing Arts, 288 pages. Simply the Best delivers rare insights on success straight from the hearts and minds of Stanley Cup winning coaches Scotty Bowman, Mark Crawford, Jacques Demers, Ken Hitchcock

Ready, willing, and enabled easy guidelines for living your dreams, R. Scott Cooper, 1997, Self-Help, 235 pages. READY, WILLING & ENABLED: EASY GUIDELINES FOR LIVING YOUR DREAMS provides a unique approach to self-development. Organized as a set of cohesive guidelines with practical

Ice Hockey Made Simple A Spectator's Guide, P. J. Harari, Dave Ominsky, 2002, Sports & Recreation, 125 pages. A perennial favorite now in its fourth edition, this title helps guide viewers through the rules of the fast-moving and often confusing sport of ice hockey. It also guides the

The new success how to redefine, create & survive your own success, Pamela A. Murray, Sep 1, 1993, Self-Help, 200 pages. .

S.M.A.R.T.E.R. success how to find your path to peace and prosperity by using S.M.A.R.T.E.R. goals, Al Lippart, Jul 1, 2003, Self-Help, 220 pages. Smarter success is a self discovery book about defining desires, dealing with people, balancing priorities and creating a lifetime of natural prosperity..

Wayne Gretzky , Josh Wilker, Nov 1, 1997, Sports & Recreation, 64 pages. An account of the famous Edmonton Oiler and his ability that shattered every major single season scoring mark in the NHL record book..

Simply the Best Players on Performance, Mike Johnston, Ryan Walter, 2007, Business & Economics, 192 pages. In the game of life, as in professional sports, some players have that winning edge that takes them to the top. In SIMPLY THE BEST, coach Mike Johnston and NHL veteran Ryan

Hockey Now! , Mike Leonetti, Dan Hamilton, Sep 1, 1999, , 167 pages. Biographies of 70 of hockey's top NHL players..

Stupid, Ugly, Unlucky and RICH , Richard St. John, Jun 1, 2006, Self-Help, 351 pages. To discover what leads to success, author Richard St. John spent 10 years interviewing 500 successful people including Martha Stewart, actor Russell Crowe, the Google founders

99 My Life in Pictures, Wayne Gretzky, John Davidson, Dan Diamond, Oct 1, 1999, , 226 pages. Photographs trace the Great One's career from playing in his backyard rink in Ontario through his record-breaking career in professional hockey.

Help yourself a guide to self-change, Jerry Schmidt, Jun 1, 1976, Self-Help, 119 pages. .

Downhill slide why the corporate ski industry is bad for skiing, ski towns, and the environment, Hal Clifford, Oct 1, 2002, Sports & Recreation, 282 pages. The first investigative analysis of how corporate interests gained control of America's most popular winter sport, and how they are gutting ski towns, the natural mountain

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