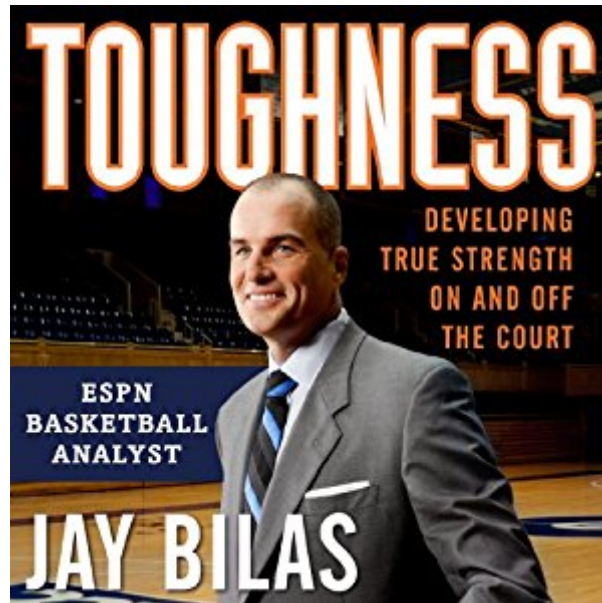


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# Toughness: Developing True Strength On And Off The Court



## Synopsis

The popular ESPN basketball analyst and former Duke player looks at the true meaning of toughness. If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned an incomparable work ethic under coach Mike Krzyzewski, battling against the greatest college players in the game. After playing professionally overseas for several years, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, during which the Blue Devils won back-to-back titles. A graduate of Duke Law School, he has since become one of basketball's most recognizable faces through his insightful, intelligent work on ESPN's SportsCenter and College GameDay. Through his ups and downs, on and off the court, Jay learned the true meaning of toughness from coaches, teammates, and colleagues. Now, he discusses this misunderstood - yet vital - attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches - including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Bill Self, Curtis Strange, and many others - Bilas redefines what it takes to succeed.

## Book Information

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## Customer Reviews

I coach high school boys basketball. I had my team read Jay's "Toughness" article a couple years back. It provoked a lot of my players to view basketball from a different perspective, from more of my perspective. The current generation of players lack many of the toughness components that those before them learned and grew to appreciate. Jay's article brings to light what it takes to be a

tough player. I bought the book "Toughness" as a gift for my team at the end of the year. I had not read it when I bought, I simply believed that if it were anything like the article that it would be great. I was right and have been excited about my purchase every time I read it. Jay does a great job of mixing personal stories of himself and other prominent figures to tell the tale of what toughness is. It is not a challenging read, so readers as young as 10 years old could read it and get something from it. I wish I could buy a copy of this book for everyone I coach now and moving forward. I believe it is a book that will help those that are willing to be helped see that having toughness in life comes with great personal sacrifice, but ultimately leads to great personal gain.

I'm not a woman particularly enamoured with sports, but my husband's the polar opposite. I've never understood "loving" and "hating" different teams, but he's always "hated" Duke much in the same way so many people "hate" Ohio State, one of my husband's favorite college sports teams. What I do have to at least give him some credit for is being able to single out certain players (or former players, as the case may be) - even from "hated" teams - as people of integrity and quality, with Jay Bilas being one such person. He not only loved this book, but passed it along with high recommendation to my brother-in-law, who coaches a high school team --- he ordered copies for every player on his team, so that should tell you something about the book's inspiring message! 5 stars from both hubby & brother-in-law.

Bilas's book does a great job of utilizing examples from a number of different sports to give credence to his thoughts on toughness. This is a great read for any young athlete or even a young or experienced coach looking to jumpstart their program with the characteristics of toughness that propel so many teams to greatness.

Jay Bilas gives powerful testimony to the real meaning of being tough. Life is rough and it takes being tough to cope with its challenges. As a basketball fan, and particularly Duke basketball, I was attracted to the book in large part because I knew something about the author. Through the book, he reveals himself to be human like many of the rest of us, not just a famous jock who became an excellent analyst of a fast moving game. The book is an easy read. It tells the truth about what being tough means and the struggles one must endure to achieve it. We cannot all be national champions, but we can be tough and live a great life at the top of our own game, whatever that may be. I recommend the book.

I like Jay Bilas, for the most part I think he comes off as un-biased and honest when he is on tv. This book is good, it has really good points in it, good stories and good lessons. It also comes off as "My Dad" is this, or this guy is this and that guy is this. I'm not trying to focus on the negative, it just something to be ready for. It's a solid book and it will help in giving yourself perspective in applying "toughness" in your life.

This book is not about "toughness" as many conventionally think about it. It defines and illustrates "toughness" a much more thoughtful, insightful and meaningful way that leaves things like machismo out of the equation and uses terms like consistency, mental fortitude and team work as the real foundation of what constitutes true toughness. And these lessons and this type of "toughness" are relevant in virtually all aspects of life not just sports.

I heard Jay Bilas talk at Butler University a week ago, and I was impressed by his knowledge of basketball and his abilities as a public speaker. I bought the book that afternoon, and I read it. He presents great insights into what is toughness not only from his personal perspective as an athlete, but from the points-of-view of coaches and other athletes. Frankly, it got me out of the recliner and working harder as being "tough" myself through an increased regimen of exercise.

First I admit I'm a basketball junkie. That being said, this book is a must read for not only coaches but anyone who develops people. Sales managers (which I am) do yourself a favor and not only read this book; but make it required reading for your staff. Then discuss and apply the principals.

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