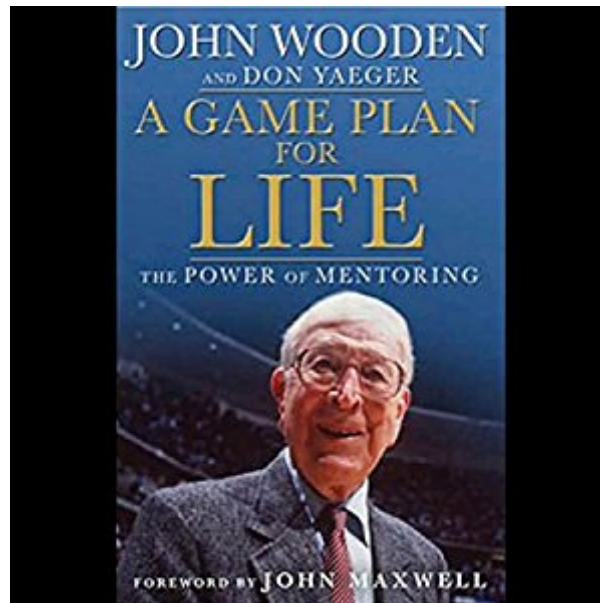


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# A Game Plan For Life: The Power Of Mentoring



## Synopsis

From the legendary basketball coach who inspired generations of athletes and businesspeople, an inspiring book about the power of mentoring and being mentored. After eight books, many of them best sellers, *A Game Plan for Life* is the one closest to John Wooden's heart: a moving and inspirational guide to the power of mentorship. The first half focuses on the people who helped foster the values that carried Wooden through an incredibly successful and famously principled career, including his college coach, his wife, Abraham Lincoln, and Mother Teresa. The second half is built around interviews with some of the many people he mentored over the years, including Kareem Abdul-Jabbar, Bill Walton, fellow coaches, family members, and even a middle school coach in Canada. Their testimony takes readers inside the lessons Wooden taught to generations of players, bringing out the very best in them not just as athletes but as human beings. In all, it's an inspiring primer on how to achieve success without sacrificing principles, and on how to build one of the most productive and rewarding relationships available to any athlete, businessperson, teacher, or parent: that of mentor and protégé. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Really a great book with simple lessons and guidelines to be successful. I have read a few books about Coach Wooden, each is just as good as this one. This is a good book to get for your self or anyone who appreciates simple and honest advice from a master teacher, mentor, and English

teacher, if you did not know John Wooden started as a high school English teacher in South Bend, Indiana as well as began his coaching career there. Just think, if he can start somewhere that few people would think of and have such a successful career as well as life, why not consider his advice and wisdom in this book.

Very few authors can inspire through their writings the way John Wooden does. Wooden does it again showing the world how we can all learn something from each person we interact with. *A Game Plan for Life: The power of mentoring*, includes lessons and philosophies for anyone regardless of their age, occupation, education, or experience. His lessons are simple and timeless. I especially enjoyed how throughout the book, he celebrated his mentors, honored his mentees, and empowered the reader to be truly inspiring. If Wooden suggests "...that the people who stand out are the ones who challenged me with words and inspired me with actions" then his most recent book has done just that. His simple life lessons remind the reader that remaining true to your values and ideals will help create a sense of calmness in your heart. This is not just a game plan for life ... it is a game plan brought to life. Personal anecdotes, inspirational messages, and simple reminders throughout the book suggest win or lose...the life lesson to the reader is . . . keep playing as teaching and learning are timeless. *My Choice - My Life: Realizing Your Ability to Create Balance in Life*

A coach is the person that people turn to when they need guidance, to be inspired or to be coached for a specific reason or goal. Great coaches hold a mystic about how they get things done or get people or teams to do amazing things. Usually their books, biographies or autobiographies have many parallels that you can use in your life or business. This book is not an exception to this rule. This book is filled with knowledge from one of the greatest coaches ever. I could not put the book down. It is written from a first person narrative from John and he starts out by explaining what people have had the most impact on his life. It may sound cheesy but he started with his father. I have a tone of respect for mine so I think that I would have done the same if it were me. It is interesting to see why he acted as he did while he was a coach and how John has taught other people to live. Treating everyone as an equal no matter what their position in life is one of the cornerstones of the lessons in this book. Even though I am in sales and not a basketball player I was able to reinforce that fundamentals are the most important item to practice, yes that trick shot that may be needed once ever is fun to practice but the basics and fundamentals are the most important. It does not matter whether you are a coach, manager or just looking for a great book to

read there will be something in here for you. To gain knowledge you must get different perspectives, and this book will leave you with some. What I really got from this book was that in order to be a leader you yourself first must be the type of person that everyone would like to follow by giving others their respect first. It goes back to what my mother taught me "Always act like someone else is watching".

When it's all said and done and the maker calls us home, the real measure of a successful life has to have a lot to do with how much you improved the lives of those around you. With that in mind, few people come close to the life of John Wooden. There are untold vast numbers of people who have become better people and lead better lives because of the coach. Through his books, many of those people, like myself, never even met him. In his newest book, and quite possibly his last, *A GAME PLAN FOR LIFE*, Coach Wooden teaches about mentoring. I really like the way the book gives mentoring from two different approaches, but giving and receiving. The first half of the book profiles seven people who mentored Coach Wooden. The last half profiles seven people who were mentored by him, either directly or indirectly. I found the mixture to be very interesting, and yet probably very similar to most other people. Among his mentors, coach lists his father, 3 former coaches and two people from history he never met but spent hours reading about. Among the mentees, who each wrote their own chapters in the book, we find 3 former players at UCLA, 2 other coaches, a teacher who had never met the coach, and his great-grand-daughter. It's interesting to see how mentoring is both given and received in different ways to meet the needs of the recipient. The book is filled with sage quotes and life lessons that will touch readers in a variety of ways. While as always, I loved what the coach wrote, I particularly enjoyed the chapter written by Dale Brown, coach of the LSU basketball team. Coach Brown knew Coach Wooden, but only because they had played against one another when Coach Brown was an assistant coach at Utah State. When he accepted the head coaching job at LSU, he turned to Coach Wooden for advice. Detailed in his chapter are some of the many questions he asked coach. This really gave a good structure on how to proceed when seeking out a mentor and how to best learn from someone you don't know well. I took a lot away from this book. I think you will too.

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