Chris Bosh

Briefe an einen jungen AthletenLetters to a Young Athlete Chris Bosh Chris Bosh Briefe an einen jungen Athleten Letters to a Young Athlete *Chris Bosh Chris Bosh*

chris bosh elffacher all star zweifacher nba champion und olympischer goldmedaillengewinner musste seine basketballkarriere in seiner blütezeit beenden seine außergewöhnliche karriere endete nicht zu einem von ihm gewählten zeitpunkt sondern in einer arztpraxis er sah sich gezwungen darüber nachzudenken wie er einen sinn für die zukunft finden könnte und blickte auf seinen weg zurück von einem teenager in dallas bis hin zur spitze der nba er erkannte dass es bei den wichtigsten lektionen die er von basketball legenden wie lebron james kobe bryant pat riley und coach k gelernt hatte nicht so sehr um basketball ging sondern vielmehr um die richtige einstellung das engagement den flow innerhalb eines teams formuliert als eine reihe von briefen an menschen die mehr erreichen wollen egal ob profi oder amateur in der schule im berufsleben oder privat ist briefe an einen jungen athleten ein inspirierender wegweiser um die innere stimme zu zähmen und zu einem verbündeten zu machen und die herausforderungen des scheiterns ebenso wie die des erfolgs zu meistern

a legendary nba player shares his remarkable story infused with hard earned wisdom about the journey to self mastery from a life at the highest level of professional sports chris bosh nba hall of famer eleven time all star two time nba champion olympic gold medalist and the league s global ambassador had his playing days cut short at their prime by a freak medical condition his extraordinary career ended in a doctor s office in the middle of the afternoon forced to reckon with moving forward he found himself looking back over the course he d taken to the pinnacle of the nba and beyond reflecting on all he had learned from a long list of basketball legends from lebron and kobe to pat riley and coach k he saw that his important lessons weren t about basketball so much as the inner game of success right attitude right commitment right flow within a team now he shares that journey giving us a view from the inside of what greatness feels like and what it takes letters to a young athlete offers a proven path for taming your inner voice and making it your ally through the challenges of failure and success alike

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