



## Becoming a True Champion: Achieving Athletic Excellence from the Inside Out

By Kirk Mango, Daveda Lamont

Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, *Becoming a True Champion: Achieving Athletic Excellence from the Inside Out*, Kirk Mango, Daveda Lamont, Today, aspiring athletes have to work harder and be more dedicated than athletes of previous generations who did not have to contend with the messages of a popular culture that promotes winning at all costs and implicitly condones "shortcuts" to winning. Many of today's athletic superstars glorify and demonstrate cheating and illicit, destructive conduct. Whether off the field antics or on the field cheating through the use of illegal performance-enhancing drugs typify an athlete's lack of personal values, the bad behavior displayed by many in a broad range of sports is hard to escape. The result is that too many such negative role models and influences are out there, diverting today's developing competitors down a seductive path to failure rather than upward to excellence and lasting, honest achievement. *Becoming a True Champion: Achieving Athletic Excellence from the Inside Out* fills a critical need by speaking in a frank and direct voice directly to today's aspiring athletes about these crucial, controversial issues and the personal choices they face. At the same time the book presents them with...

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