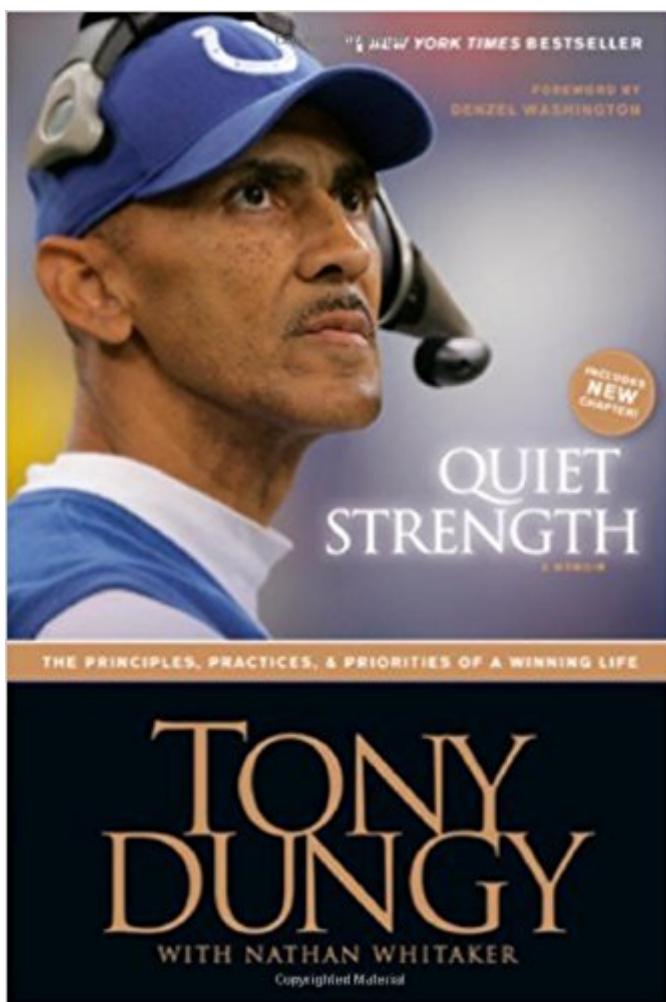


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# Quiet Strength: The Principles, Practices, And Priorities Of A Winning Life



## **Synopsis**

2008 Retailer's Choice Award winner! Tony Dungy's words and example have intrigued millions of people, particularly following his victory in Super Bowl XLI, the first for an African American coach. How is it possible for a coach—especially a football coach—to win the respect of his players and lead them to the Super Bowl without the screaming histrionics, the profanities, and the demand that the sport come before anything else? How is it possible for anyone to be successful without compromising faith and family? In this inspiring and reflective memoir, now updated with a new chapter, Coach Dungy tells the story of a life lived for God and family—and challenges us all to redefine our ideas of what it means to succeed. The softcover edition of this #1 New York Times best-seller includes a new chapter! In it, Coach reflects on the 2007 football season and last year's successful hardcover release of *Quiet Strength*. Also features a foreword by Denzel Washington and a 16-page color-photo insert. Over 1 million in print!

## **Book Information**

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## **Customer Reviews**

What does it take to be a modern-day hero? ""I really wanted to show people you can win all kinds of ways. . . . For your faith to be more important than your job, for your family to be more important than that job . . . we all know that's the way it should be. . . . I'm not afraid to say it. " Tony Dungy People of all ages crave heroes. But it's rare to find someone especially someone in the media spotlight like Tony Dungy whose life "and" work reflect positive, value-driven precepts. In Coach Dungy, many have found a role model. Sports fans admire the way he intensely pursues success

without sacrificing his team members well-being. Parents point to his example when teaching their children about the importance of hard work, persistence, and graciousness whether they win or lose. Even his fiercest competitors acknowledge that Coach Dungy is a class act who knows how to get the job done and who keeps his priorities intact while he's doing it. To all these people and more, Tony Dungy is a real-life hero one who teaches us about the importance of quiet strength, fierce determination, and a humble heart.

He led his team to #1 in the world and showed the world a better way to live, lead, and succeed. When Tony Dungy led the Indianapolis Colts to victory in Super Bowl XLI and made history as the first African American coach to win the big game millions of people, amazed by the success of his quiet, authoritative leadership style, wondered: how does he get it done? In the pages of this fascinating memoir, Tony Dungy reveals the secrets to his success principles, practices, and priorities that have kept him on track despite overwhelming personal and professional obstacles, including firings, stereotypes, and the tragic loss of a child. In the face of so much adversity, Tony has not only survived but risen to the very top of his profession in a way that's won the respect of fans, players, and even his competitors. His thoughts on leading, succeeding, and attaining true significance will inspire you to take a long, hard look at the things that "really" matter in your own life.

I was looking for a book that I would enjoy reading while also improving my practice of Christianity in everyday life. With football being one of my top interests, I decided that this book sounded like a good choice to try out, and it did not disappoint. Tony describes the road that he has taken through life from early childhood all the way to the time that he wrote this book in 2008. He explains the difficult decisions that he had to make and how his relationship and faith in God helped him through the most challenging times and in the end made him a better person. Tony also tells his successes and how he truly believes the Lord used previous life experiences to prepare him for similar future ones. Whether you are a football fan or not this book is extremely relatable and motivational. Tony draws on his career as an NFL player and coach because that is where he experienced some of his biggest challenges, but he also builds on the toughest times that his family endured. His ability to correlate a personal example to the numerous types of situations that we as humans face daily was spectacular. Tony does an amazing job of not only stating his regrets and contentment, but also elaborates on what signs he saw from God and how he was able to later reflect on them. The effect of this book has made me want to change my way of living by constantly glorifying God and following his lead. Dungy also provided me with inspiration to continuously perform acts of kindness,

regardless of its size because it could be something that changes a person's life, as it did in his case. "Quiet Strength" was very deserving of its Bestseller accolade and is very much recommended for anyone interested in living a happier and more rewarding lifestyle.

This book simply tells the life of Tony Dungy. There is so much to be learned of his character. I wouldn't label it has a personal development book that gives you step by step instructions . You will simply learn from his example and the life he has life. He is AMAZING and has become somebody that I look up to and have a great appreciation for his character. Not a life changing book but i am super glad I read it and it added value into my life.

In the Novel Quiet Strength, Tony Dungy walks us through his life as a Christian. He describes his childhood, where he learned from his parents on what living a Christian life should be like. He explained his struggles as he went through high school and college on how he didn't know what his own relationship with Christ was. He then tells us how he begins to find his way and figure out what he wants. He takes us through his journey with his wife and family and all of the challenges they were faced with and how Christ helped them. Reading about Tony Dungy's life and how he overcame so many obstacles while keeping a relationship with Christ made me feel like he was directly talking to me about my own personal struggles. The way he described each struggle he was faced with, made it feel like I was there, experiencing those obstacles along side of him. The way he wrote and described these obstacles allowed me to relate to them and understand his pain and joy through them. As I was reading the novel I found it hard to stay focused on the plot when he began to further explain the football games that were not relevant to the story at the time. I would highly suggest this novel to any athlete that has struggles, finding that they are playing for themselves rather than playing for Christ. This novel really makes you feel like you can do anything through Christ, and it will have a good outcome, no matter when that outcome happens. It is not only just for athletes but also for anyone who feels like they are struggling with life, or something they are passionate about. This novel really spoke to me personally as an athlete and a follower of Christ. If having to rate this novel, I would rate it an eight out of a ten. One of my favorite, most interesting, and personal books I have ever read.

This was a birthday gift that I was excited to receive, and a book that my wife actually finished before me. Although Megan and I have some different reading tastes, we both found this book very

enjoyable. Dungy's #1 New York Times bestseller comes off his 2007 Super Bowl victory and reveals the secrets to his success. You don't have to be a fan of the Indianapolis Colts or even American football to get into this book. Dungy gets authentic by sharing personal and professional difficulties and how he was able to overcome them. Although you can't tell by the cover, once you start reading this book, you find out it has a deep and powerful message. Dungy's message is God's message. Our purpose in life is simply to glorify God and help people see the path to eternal life through Christ. It is so cool that Coach Dungy is using the platform God has given him in a way that points us in the right direction.

Tony Dungy is extraordinarily represented in the beautiful memoir written by Nathan Whitaker that articulates the struggles and wonders of his amazing life journey. As I read this book the hope that came to my mind was the wish that more men would look at trials in life the way that Dungy has. As a professional athlete, and later a very successful NFL coach, Dungy displays the character of a God fearing man and what it looks like to live that life out in the football league. Quiet Strength speaks to a very special bond that fathers should long to have with their family. One must learn to lead with a soft heart and possess passion when in a position that compels you to change those around you, as others will pick up on your behavior like those around Dungy did, and use that passion to excite themselves in all that they do. I will be passing along this book to numerous family members as the season of Christmas is upon us, in hopes that they gain a new outlook on the opportunities that present themselves to us on a daily basis through the words of Dungy.

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