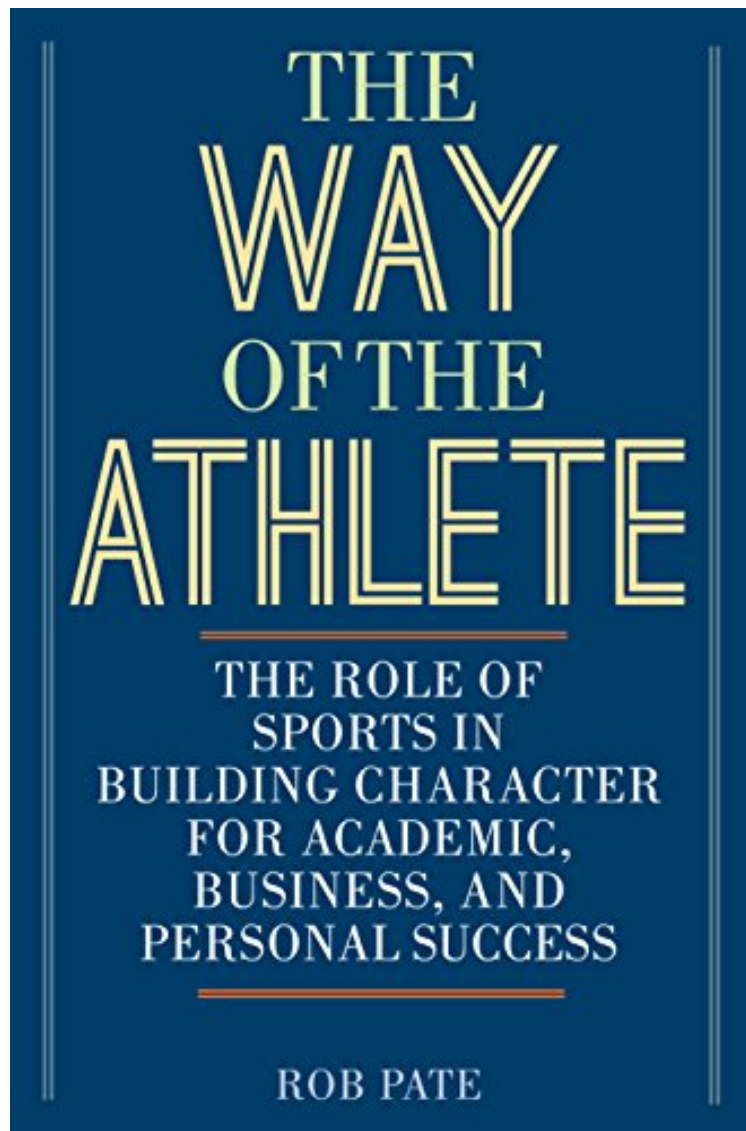


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## The Way of the Athlete: The Role of Sports in Building Character for Academic, Business, and Personal Success

*Rob Pate*

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**Rob Pate : The Way of the Athlete: The Role of Sports in Building Character for Academic, Business, and Personal Success** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Way of the Athlete: The Role of Sports in Building Character for Academic, Business, and Personal Success:

1 of 1 people found the following review helpful. I highly recommend the bookBy Ivy CarrollI was five ft five inches tall when I was a teenager and weighed no more than 130lbs. By applying a number of the principles put forth in this

book I was able to play competitive basketball through junior college. The principles that I learned through playing sports have served me well both in my family relationships and fifty-seven years and still working as a successful research scientist. This book does an outstanding job of showing by examples how sports build character for being successful at whatever you do. I highly recommend the book, particularly for young adults. Like Rob Pate, I am an Auburn graduate where I was very well prepared academically for the future.

There comes a time in every competitive athlete's life when the cheering stops and it's time to move on to other pursuits. Written by a former Division 1 football player and Academic All-American, *The Way of the Athlete* argues that sports prepares athletes for this transition by instilling qualities that contribute to academic, business, and personal success. Rob Pate draws on his own experience, together with the experiences of coaches and other athletes, to highlight the parallels between athletic achievement and attainment in other areas of life. The author looks beyond the time-honored qualities of discipline, dedication, teamwork, sportsmanship, and leadership. He examines other must-have athletic attributes that help build character, including the ability to bounce back and learn from failure. Not every athlete can make a Division 1 roster. But everyone who's played sports can take the experience and chart a path to success in other areas of life. Written by someone who's done precisely that, *The Way of the Athlete* is a guide to getting the most from the lessons that sports have to teach us. Skyhorse Publishing, as well as our Sports Publishing imprint, are proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. Whether you are a New York Yankees fan or hail from Red Sox nation; whether you are a die-hard Green Bay Packers or Dallas Cowboys fan; whether you root for the Kentucky Wildcats, Louisville Cardinals, UCLA Bruins, or Kansas Jayhawks; whether you root for the Boston Bruins, Toronto Maple Leafs, Montreal Canadiens, or Los Angeles Kings; we have a book for you. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

“A former Division-I football player and Academic All-American shares lessons learned from decades on the field and how to apply them to other areas of life.” --FCA Magazine, published by the Fellowship of Christian Athletes