



HANDBOOK OF WINNING: A Catholic Athlete's Competitive Advantage: (#1) Excellence Practices Inspired by Pope John Paul II's Theology of the Body

Thomas DeAngelis

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Consistent winning in any sport requires relentless desire for rapid improvements in individuals and teams. Catholic theology, and especially Pope John Paul II's Theology of the Body, powers this Handbook of Winning. With it, Catholic athletes discover inner practices of prayer, thirsting desire and self-sacrifice so powerful they create a clear competitive advantage. Focusing desire, relentlessly improving performance, investing 100% in faith, and refining purity of heart are just a few of the many keys that unlock that pure power within. These key practices lead any Catholic athlete through three simple stages of self-mastery toward perfectly spontaneous performance. At that stage, an athlete finds precisely the right response to every challenge an opponent brings. The Handbook of Winning challenges coaches and athletes to pursue inner perfection to outer victory. For those who accept the challenge, these year-round practices promise life-changing athletic experiences.

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