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Toughness: Developing True Strength On and Off the Court

By Jay Bilas



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Toughness: Developing True Strength On and Off the Court By Jay Bilas

If anyone knows tough, it's Jay Bilas. A four-year starter at Duke, he learned a strong work ethic under Coach Mike Krzyzewski. After playing professionally overseas, he returned to Duke, where he served as Krzyzewski's assistant coach for three seasons, helping to guide the Blue Devils to two national championships. He has since become one of basketball's most recognizable faces through his insightful analysis on ESPN's *SportsCenter* and *College GameDay*.

Through his ups and downs on and off the court, Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in *Toughness*, he examines this misunderstood—yet vital—attribute and how it contributes to winning in sports and in life. Featuring never-before-heard stories and personal philosophies on toughness from top players and coaches, including Coach K, Bob Knight, Grant Hill, Mia Hamm, Jon Gruden, Tom Izzo, Roy Williams, Bill Self, Curtis Strange, and many others—Bilas redefines what it takes to succeed.



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Editorial Review

Review

PRAISE FOR THE *NEW YORK TIMES* BESTSELLER *TOUGHNESS*

“Honest and inspiring, Jay Bilas explores the many tenets of toughness and shares personal stories and interviews with some of the best athletes and coaches. *Toughness* is critical to gaining an edge in sports and life, and this book provides lessons to help you succeed from a well-respected expert.”—Jim Nantz

“If you want the true definition of toughness as it relates to sports and life, this is a must read. Jay Bilas has acquired a wealth of knowledge from his basketball career as a player, coach, and analyst. Jay’s descriptions and illustrations are ‘Awesome, Baby’ with a capital A!”—Dick Vitale, ESPN

“Jay Bilas gives meaning to one of the most overused words in sports. Bilas explains the complexity of acquiring and utilizing all aspects of toughness, be it mental or physical, both on and off the playing field. It is a great description of a concept and value we all need in our lives.”—Hall of Fame coach Jim Calhoun

“*Tough it out. Be tough. Stay tough.* How often do we hear that in sports and life? It’s the go-to answer for any problem. We all want toughness. Jay Bilas take this intangible concept and gives it concrete meaning. The inspiring and humbling stories of truly tough people are written artfully and show that being tough isn’t just a catchall cliché. It’s a transforming personal value. Jay does a brilliant job illustrating why toughness is a quality I want to cultivate in my life every day.”—Rece Davis, ESPN

“Make sure you are holding a yellow highlighter when you read this book. There is an incredible amount of wit and wisdom in these pages, thanks to the dedication, hard work, and—yes—toughness Jay Bilas demonstrated by talking to all of these people. Reading this book won’t make you tough, but it will teach you how to get there.”—Seth Davis, *Sports Illustrated* and CBS Sports

About the Author

Jay Bilas is one of the most widely recognized voices in sports. He is a regular analyst and color commentator on *SportsCenter*, ESPN game broadcasts, the wildly popular *College GameDay*, and coverage of the NCAA Final Four and NBA Draft. He was a four-year starter at Duke and helped lead the team to the Final Four. He played three seasons in Europe before signing on as assistant coach to Coach K from 1990-1992, during which time Duke won back-to-back national titles. He is currently a partner at the law firm Moore and Van Allen.

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