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# Quiet Strength: The Principles, Practices, and Priorities of a Winning Life

By Tony Dungy, Nathan Whitaker



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### 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!



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### **Editorial Review**

From the Inside Flap

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.

From the Back Cover

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.

About the Author

Tony Dungy and his wife Lauren Dungy are active members of a number of family, faith, and community-based organizations, including All Pro Dad, iMom, Fellowship of Christian Athletes, Mentors for Life, Family First, Big Brothers Big Sisters of America, and the Boys and Girls Club of America. Tony is a former NFL player and retired head coach of the 2006 Superbowl Champions, the Indianapolis Colts of the National Football League.

Nathan Whitaker is the coauthor of seven New York Times bestsellers, including Quiet Strength, which he

co-wrote with Tony Dungy. He lives in Florida. For additional information, please visit [www.nathanwhitaker.com](http://www.nathanwhitaker.com)

## **Users Review**

### **From reader reviews:**

#### **Belen Riedel:**

Have you spare time for a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to typically the Mall. How about open or read a book eligible Quiet Strength: The Principles, Practices, and Priorities of a Winning Life? Maybe it is to get best activity for you. You already know beside you can spend your time with your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have other opinion?

#### **Jocelyn Harper:**

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#### **Linda Thomas:**

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#### **Angel Sullivan:**

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