

This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

How money, guts, and greed built the Warriors dynasty – and then took it apart The Golden State Warriors dominated the NBA for the better part of a decade. Since the arrival of owner Joe Lacob, they won more championships and sold more merchandise than any other franchise in the sport. And in 2019, they opened the doors on a lavish new stadium. Yet all this success contained some of the seeds of decline. Ethan Sherwood Strauss's clear-eyed exposé reveals the team's culture, its financial ambitions and struggles, and the price that its players and managers have paid for all their winning. From Lacob's unlikely acquisition of the team to Kevin Durant's controversial departure, Strauss shows how the smallest moments can define success or failure for years. And, looking ahead, Strauss ponders whether this organization can rebuild after its abrupt fall from the top, and how a relentless business wears down its players and executives. The Victory Machine is a defining book on the modern NBA: it not only rewrites the story of the Warriors, but shows how the Darwinian business of pro basketball really works.

The Book of BasketballThe NBA According to the Sports GuyESPN

An opinionated tour of the past, present, and future of pro basketball, written by ESPN's "Sports Guy" columnist, shares insights on everything from major NBA events and underrated players to how Hall of Famers should be selected.

Why So Many Predictions Fail—but Some Don't
Kevin Durant

Pre-Incident Indicators of Terrorist Incidents
The Signal and the Noise

A Lifetime of Hard-Earned Lessons On and Off the Basketball Court
Our Story of NFL Football, Food, Family, and Faith

Rising Above
Interviews with sports stars, activists, surviving family members, and others fighting racial injustice: 'Before Kaepernick, there was Etan Thomas.'—TheNew York Times A Library Journal Best Book of the Year Professional athletes have long been influential figures in American life. Today, many of them are using their platforms to speak up about injustice and inequality. Interviews by former NBA player Etan Thomas with over fifty athletes, executives, media figures, and more—interwoven with essays and critiques by Thomas. Includes personal stories and opinions from: Kareem Abdul-Jabbar, Bill Russell, Dwyane Wade, Russell Westbrook, Steve Kerr, Oscar Robertson, Mark Cuban, Michael Bennett, Carmelo Anthony, Derrick Rose, Swi Chris Webber, Jemele Hill, Anquan Boldin, Jamal Crawford, Juwan Howard, Ray Jackson, Shannon Sharpe, James Blake, John Carlos, Laila Ali, Michael Eric Dyson, Joakim Noah, Eric Reid, Adam Silver, Soledad O'Brien, John Wall, Mahmoud Abdul-Rauf, Bradley Beal, Tamika Catchings, Curtis Conway, Harry Edwards, Chris Hayes, Chamique Holdslaw, Scoop Jackson, Boman J King, Jimmy King, Ted Leonsis, Thabo Sefolosha, Ilyasah Shabazz, Torrey Smith, Kenny Smith, Michael Smith, David West, Michael Wilbon, Jahvaris Fulton (brother of Trayvon Martin), Emerald Snipes (daughter of Eric Garner), Allysa Castile (sister of Philando Castile), Valerie Castile (mother of Philando Castile), and Dr. Tiffany Crutcher (sister of Terence Crutcher) "In W strives to show the influence professional athletes can have when they join the conversation on race, politics, and civil rights. Thomas conducted 50 interviews, which included Kareem Abdul-Jabbar, Bill Russell, Laila Ali, Michael Bennett, and Eric Reid, among many other athletes, as well as journalists, television personalities, and family members of unarmed black me Thomas also explored his ties with the Wizards and spoke with John Wall, Bradley Beal, and current majority team owner Ted Leonsis."—TheWashington Post "The honest conversations, published in transcript form and often accompanied by black-and-white photos, serve as a primer on recent police violence cases, a history lesson on the first athletes who stood up examination of the experience of being young and black in the United States, and an insightful look at how it feels to lose a loved one to tragedy, from contributors such as Jemele Hill, Kareem Abdul-Jabbar, and Carmelo Anthony..An important read, executed uniquely."—School Library Journal (starred review) "Voices of pain, anger, and hope resound through these p reader's heart."—Kirkus Reviews

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of t finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is 'a fascinating tour of the psychological research on success' (The Wall Street Journal).

Strength Training for Basketball will help you create a basketball-specific resistance training program to help athletes at each position--guard, forward, or center--develop strength and successfully transfer that strength to the basketball court.

The idea for the book came about while I was working abroad on a theater show, with a fair bit of downtime. Before leaving, I'd been helping our son, Arlen, as he made first contact with a few instruments: keyboards and synthesizers, guitar, and a variety of tuned percussion instruments. It did not always go well. His intense love of music was matched by an equ results. This combination often led to a considerable amount of frustration. To help Arlen cope with this frustration, I decided to write a short rhyming story that would be similar in many ways to those found in his favorite picture books. My initial vision was for the book to encourage practice and sticktoitiveness, enshrining the many virtues of delayed gratificati abandoned that idea as utter nonsense. It dawned on me that our boy's innocence and earnestness fueled a kind of rock power, that unnamed spark of creative joy that many of us in the music industry have chased in practice spaces and recording studios for decades. It's the very thing that makes a kid, a kid. Our five-year-old boy is Thoreau's "childlike mirtfulne

there's no one watching, he doesn't know any other way. He sings with abandon, and sometimes, he roars. In the end, I thought that if he learns something from the book, wonderful, but above all else, I wanted this book to help ensure that he never forgets how to roar.

The NBA According to the Sports Guy
Basketball Sports Medicine and Science

Eleven Rings
The Making and Unmaking of the Warriors Dynasty

A Collection of Amazing Trivia Quizzes and Fun Facts for Die-Hard Braves Fans!
And Other Reminders of Your Awesomeness