



The Jewish Jordan s Triple Threat: Physical, Mental, and Spiritual Lessons from the Court (Paperback)

By Tamir Goodman

Diversion Publishing - Ips, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Reminiscent of Phil Jackson s SACRED HOOPS, Tamir Goodman s Triple Threat explores physical, mental, and spiritual lessons, on and off the court. Tamir Goodman was dubbed The Jewish Jordan by SPORTS ILLUSTRATED for the unorthodox combination of basketball prowess and devout faith that he brought with him onto the court as a top-ranked high school recruit, D-I and professional basketball player. Goodman s book features practical basketball training tips, strategies to contend with the mental side of the game, and game-like scenarios to demonstrate how this advice will pay off on the court. The book also takes readers on a fascinating journey through Goodman s career, a highlight of which includes Goodman making history as the first Jewish player to play D-I and professional basketball while wearing a yarmulke and refraining from playing on the Jewish Sabbath. By weaving the hands-on advice with the intriguing personal stories, Goodman examines the basketball fundamentals of shooting, ball-handling and passing from the physical, mental and spiritual perspectives and assigns each of these moves a deeper meaning. Goodman uses examples from his...



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