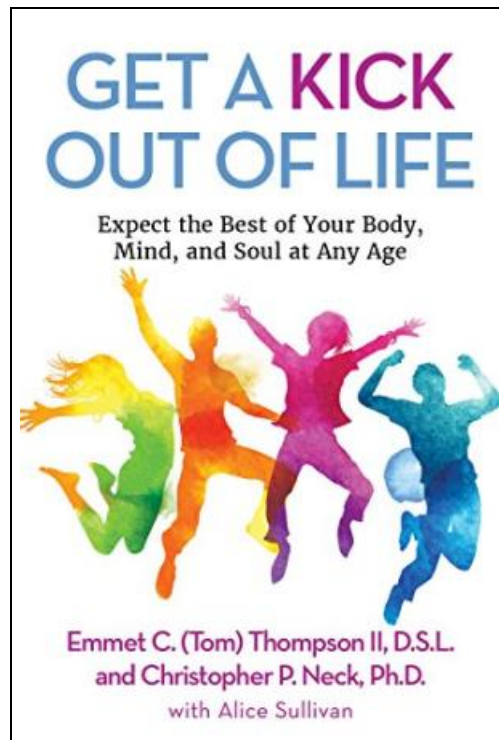


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Clovercroft Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book. On November 14, 2009, Dr. Emmet C. (Tom) Thompson II kicked his way into the record books. At age 61, he became the oldest football player in NCAA history and the oldest NCAA football player to score a point when he kicked the PAT (Point After Touchdown) in the second quarter of the game between Austin College and Trinity University. It was a dream come true--many years in the making. Like many people, I grew up feeling as though I couldn't catch a break, muses the author, speaker, and NCAA football record holder. With obstacles and setbacks from a very early age, I struggled to find meaning and purpose. As an adult with no real plan, my self-absorbed lifestyle led to divorce, financial stress, and physical injuries. But in time, I found my faith, my purpose, and my soulmate. If my story says anything, it is that it is never too late to re-imagine what you want your life to be. With degrees in Business Management, Kinesiology, Organizational Leadership, Strategic Leadership, and Teaching, Dr. Thompson's purpose is to encourage people of all ages to live healthy and fulfilled lives, to discover and reach their full potential, and to develop a deeper faith in the process. Divided into three sections--Body, Mind, and Spirit--Get a Kick out of Life includes tips on goal setting and intentionality, physical fitness and nutrition, finding your purpose, developing deeper relationships with family and friends, and offers suggestions for ditching the bucket list for something even better.



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