



Deliberate Dynamics Jr.: How to Win the Game!: A Guide to Becoming the Best Athlete You Can Be (Paperback)

By Cedric Cunningham

iUniverse, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Written for young and aspiring athletes, Deliberate Dynamics Jr.: How to Win the Game! presents a quick, ten-step guide to being a great athlete and person. Written by Cedric Cunningham, a fourteen-year-old athlete, this self-improvement book passes on tips to help teens excel at sports and life. He offers this as a companion book to Deliberate Dynamics: Leading a Game-Changing Life, written by his mother, LaJeanna L. Cunningham. Based on his personal experiences as a student-athlete for the last eight years, Cunningham shares the steps to success: Know the rules Know the position Understand the I is in win (not team) Practice. Practice. Practice. Respect your opponent Watch what you say Realize mistakes happen Win gracefully Find a mentor Have fun Deliberate Dynamics Jr.: How to Win the Game! is geared toward kids who are just beginning to play a sport or who want to get better at being a well-rounded athlete. It shows how to handle the ups and downs of being an athlete-on and off the court.



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Reviews

I actually started out reading this article ebook. This is for those who statte that there had not been a worth reading. Its been developed in an extremely easy way and it is just after i finished reading this book in which in fact modified me, change the way i really believe.

-- **Antonetta Ritchie IV**

This book may be worth purchasing. It typically fails to expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Ken Watsica**