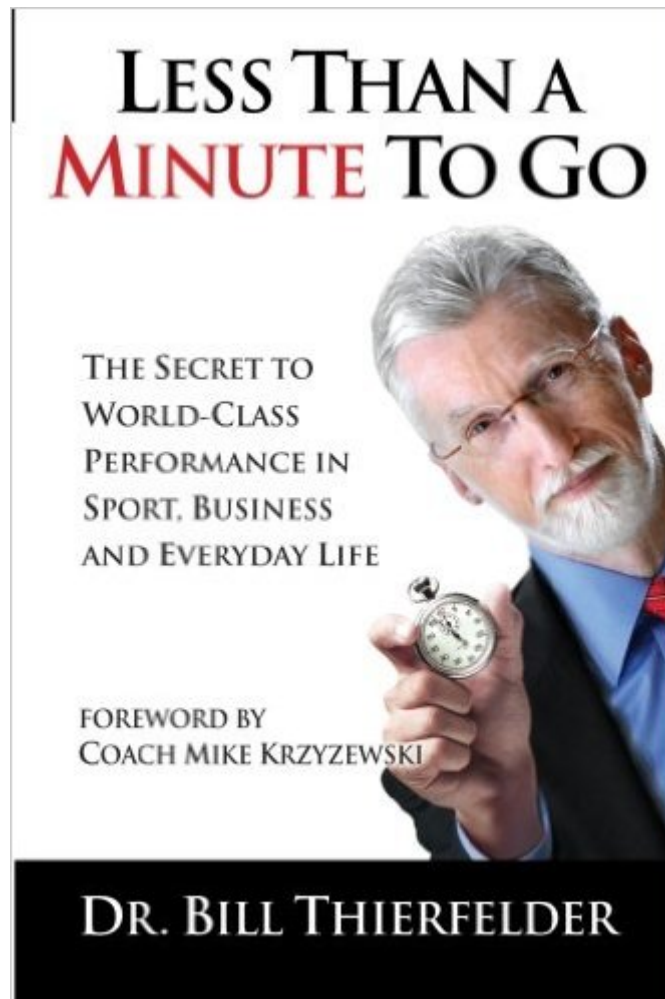


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# Less Than A Minute To Go: The Secret To World-Class Performance In Sport, Business And Everyday Life



## Synopsis

My friend Bill Thierfelder, a great leader and motivator, puts the words and descriptions to what we leaders try to do every day to challenge ourselves and our teams to be at our best, all the time.

â "Coach Mike Krzyzewski, from the Foreword Dr. Bill Thierfelder knows what it takes to win. As a student at the University of Maryland he dominated the high jump, winning fame as an All-American and Irish national champion. Later he earned his doctorate in sports psychology. He became a private coach and mentor to the world's top athletes...and revealed to them his hard won secrets for success. In *Less Than a Minute to Go: The Secret to World-class Performance in Sport, Business and Everyday Life*, Thierfelder, now President of Belmont Abbey College, reveals the secrets to:

- â ¢ Becoming a world-class performer
- â ¢ Preparing your mind to win
- â ¢ Making peak performance a common occurrence
- â ¢ Playing with a passion that never ends

But Thierfelder does more than give peak performance techniques. In these pages he shows why sports are worthy of our deep attention and effort, whether as athletes or as avid spectators and fans. He shows how sports can and should engage the highest parts of our nature that, in fact, only when we are so engaged can we truly excel. And he reveals how sports train and prepare us for other arenas...where we all are players and where our choices have more significance than any World Series or Super Bowl. Join Dr. Bill Thierfelder in an exploration of sportâ "and of lifeâ "as you have never considered them before. Let this world-class athlete, mentor and coach teach you what he has taught so many others, from college students to superstars: How to give your very best when the clock is ticking...everything is on the line...and you have *Less Than a Minute to Go*.

## Book Information

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## Customer Reviews

Since his days as an Olympian, later as a longtime member of the American College of Sports Medicine, a Knight of Malta and most recently, as the President of Belmont Abbey College, Dr. Bill Thierfelder is known by the company he keeps. For example, the Foreword to his new book, "Less Than a Minute to Go" is written by his good friend, the Coach of Duke's basketball team, Mike Krzyzieski. Having one of the winningest and most ethical coaches in sports offer his praise for Dr. Bill's book encouraged me to consider thoughtfully what follows. What impressed me most about reading Less Than a Minute to Go, was not just Bill's perspective as a sports psychologist but more importantly how this man of faith, weaved in his Catholic beliefs into such a readable story. I have already passed this book onto my boys and encouraged them to read it to my grandchildren. Finally, have grown up in the greater Chicagoland area, I was familiar with another famous coach: Amos Alonzo Stagg. What I someone how missed was Coach Stagg's letter to his son (see page 166-167) If you purchase this book, it will be worth it if only to read Coach Stagg's letter to his son. As the founder of The Character Building Project site, I shamelessly lift Dr. Bill's quote from Pope Pius XII which follows: "Sport, properly directed develops character, makes a man courageous, a generous loser and a gracious victor; it refines the senses, gives intellectual penetration, and steels the will to endurance. Thank you Dr. Bill for providing your readers with the knowledge, "you always have a choice. No matter what happens to you in life, however much it appears to be out of your control, you are the one who decides how you're going to deal with it."

Excellent book from Dr. Bill Thierfelder! I have long admired his commitment to virtue in sports and he has produced a must-read for every athlete, parents of athletes or anyone interested in seeking the connection between excellence and a strong faith. I strongly recommend this book as the must-have book for Christmas! I will be referring to this book for years to come.

The author provided excellent and relevant examples of the ideas presented. The author did a great job demonstrating how faith is an integral part of everyone's life and how important faith is for true meaningful success. Thus highlighting why we all need to thank God for all we have been given. The author offered a very thought provoking way to understand our human condition and the relationship we need to have with God so that we can accept God's plan for each of us. This understanding will help people with increased faith in God despite any trials and tribulations we encounter in this life.

The examples provided reminds us that God doesn't give us more than we can bear and that adversity can only bring us that much closer to God. Well done Dr. Thierfelder!

We've all heard that we should "keep things in perspective." This is easier said than done, but keeping things in perspective is what we MUST do if we are to accomplish our purpose. Dr. Thierfelder has the gift of helping people maintain- or perhaps regain- perspective even in extraordinary circumstances. In this book he explains how he's helped athletes achieve their best by keeping things in perspective, even in situations that are highly charged with emotion and pressure to perform. He uses these teachable moments with athletes to remind us to keep things in perspective in our lives. Dr. Thierfelder reminds us that we're here on this Earth for only a "billionth of a second" when compared to eternity. What we do with that billionth of a second is supremely important, and like elite athletes, the only way to perform at our highest level is to filter out the distractions and keep things in perspective.

Dr Thierfelders' book is a recipe book on virtue based achievement in your chosen field of endeavor, whether athletics, business or just living. Dr Thierfelders' success, as an athlete, coach, teacher, college president, with the his underlying knowledge of psychology based on a courageous committment to his religious faith, give this book a credibility that few books can have. For anyone seeking a substantive challenge to a success filled life, this is a powerful read.

Very well written book loaded with wisdom and thoughts on the process of attaining and maintaining peak performance in athletics, work and life. It is a great book for leaders and those who aspire to lead both themselves and those around them.

Dr. Bill Thierfelder has had a fascinating career: from a world-class high-jumper to sports psychologist to corporate CEO to college president. He brings all these experiences together to share his vision and encouragement for achieving peak performance. The stories are easy to read and relatable. The lessons are valuable and actionable. And underlying it all is a vision for human life and purpose grounded in a deep and devoted faith. Highly recommended for Christian athletes and coaches -- valuable as well for businessmen and leaders looking to achieve greater performance on purpose.

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