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Handbook For Excelling At  
Hockey And Living Smart  
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## Handbook For Excelling At Hockey And Living Smart

**Joseph E. Brierly Ph.D. : Handbook For Excelling At Hockey And Living Smart** before purchasing it in order to gage whether or not it would be worth my time, and all praised Handbook For Excelling At Hockey And Living Smart:

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The author has made a study of what goes into achieving excellence in hockey. Not surprising many of the principles

that succeed in hockey carry over to life, in general. This explains the book's title. Reasons for one player excelling while another playing mediocre present themselves naturally in the context of investigation the most entertaining and technique-intensive sport in the world. This book is valuable reading for converting an ordinary hockey player into one who excels. It is not written for a beginner struggling to learn how to skate. We assume the player has achieved some degree of proficiency in playing the game but wishes to raise his level of play to excellence. The tips in the book will open the door to that goal. Non-hockey playing readers will marvel at the subtleties of hockey and profit from understanding the techniques discussed. In addition, they will acquire a deeper enjoyment as a hockey spectator while learning valuable principles for a more productive life. Little league hockey coaches should commit this handbook to memory and use it to develop excellence in coaching and playing the game.