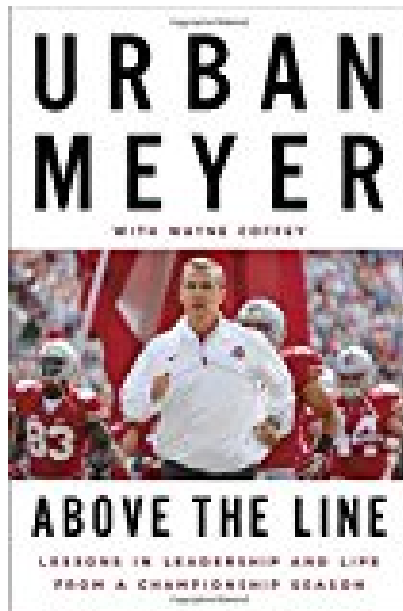


Above the Line Lessons in Leadership and Life from a Championship Season



BOOK DETAILS

- Author : Urban Meyer
- Pages : 272 Pages
- Publisher : Penguin Press
- Language : English
- ISBN : 1101980702

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BOOK SYNOPSIS

In only thirteen years as a head football coach, first at Bowling Green and then at Utah, Florida, and Ohio State, Urban Meyer has established himself as an elite coach, with three national championships and a cumulative record of 142 wins and only 26 losses. But sheer statistics are not the measure of his true accomplishment, nor do they speak to his own extraordinary learning journey. Now he offers to readers his insights into leadership, team building and the keys to empowering people to achieve things they might never have thought possible. Despite winning two national championships at Florida in only six seasons, Meyer stepped back from the game at the end of the 2010 season, amid health concerns and a growing awareness that his almost maniacal pursuit of perfection was distorting his priorities, distancing him from his family and taking him away from the reasons he wanted to coach in the first place. When he returned to the sport in 2012 as the head coach at Ohio State, the school he grew up rooting for, Meyer did so with a renewed sense of the deeper purpose of his work and a profound commitment to life balance that had previously been lacking. What remained constant was his passion for leading, teaching and motivating, forging his football teams into a cohesive whole, playing for one another with selfless commitment and uncommon intensity. A student of psychology long before he became a coach, Meyer believes that trust is the bedrock of great achievements and healthy relationships, and explains how to build it, step by step -- whether in a team, a family, or a Fortune 500 company. With trust in place, a deep bond unites us in common purpose, and cultivates what he calls "Above the Line" behavior -- a learned, empowered response to the challenges we face every day.

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