



# My Personal Best : Life Lessons from an All-American Journey

*John Wooden, Steve Jamison*

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**NATIONAL BESTSELLER**

**For John Wooden's millions of fans--a heartfelt and revealing self-portrait about the people and events that shaped his life**

*Sports Illustrated* declared: "There has never been a finer coach in American sports than John Wooden. Nor a finer man." ESPN selected him as the "Greatest Coach of the 20<sup>th</sup> Century." From his birth on an Indiana tenant farm, to All-American honors at Purdue, to his historic record-setting UCLA dynasty, John Wooden is a towering figure in 20<sup>th</sup>-century sports, and his experience and wisdom an American treasure. In *My Personal Best*, Coach Wooden tells how he did it and the lessons he learned on his remarkable journey.

Pairing never-before-seen photos from Coach Wooden's private collection with his personal stories and affirmations, this book encompasses the dramatic arc of Wooden's larger-than-life achievements and experiences. As he did in his perpetual bestseller *Wooden*, Coach offers a wealth of biographical details, personal reflections, and a lifetime of lessons. His millions of fans will cherish this definitive pictorial history of a living sports legend.

"John Wooden is a living legend because he practiced what he preached--the code of ethics which created America's strength."

--Phil Jackson, head coach, Los Angeles Lakers

"Most of what I know, what's made me a smart man, has come from John Wooden."

--Kareem Abdul-Jabbar, Naismith Basketball Hall of Famer

"A man of John Wooden's accomplishments and integrity would stand out in any era, but now, almost three decades after he coached his last game, he is in some ways an even more striking figure."

--Bob Costas

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