



Triumph! An Athlete's Guide to Winning On and Off the Field

Matt Kunz

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Written for the athlete, *Triumph!* is a guide that helps you understand how to approach your sport philosophically and practically. Kunz explains how to focus your energy and play with confidence through ART (Alignment, Rules, and Technique), understand the politics of sports, and manage relationships that surround you as an athlete. Apply the lessons learned in *Triumph!*, gain a competitive edge, and become a winner on and off the field.

With forewords from legendary National Championship Football Coaches Lou Holtz and Ara Parseghian.

“Coaches, you’re going to want to give a copy of *Triumph!* to every one of your players. It’ll not only help them compete at a higher level, but it will also make you a better coach!”

—Coach Ted Marchibroda, NFL Head Coach, Baltimore Colts 1975–1979, Indianapolis Colts 1992–1995, Baltimore Ravens 1996–1998

“An incredible book! The lessons in *Triumph!* transcend sports and are relevant to everyday life. You’ll definitely want to read it more than once. I know I did!”

—Ron Wallace, former VP of UPS International

“The lessons contained in this book may start out having to do with sports, but they apply to all aspects of life. The stories in *Triumph!* are entertaining, but the lessons are priceless. This is a book about winning, written by a man who is a true winner in every sense of the word.”

—Tom Annexstad, former Valdosta State QB, businessman, Vice President/Director of Development of The Annexstad Family Foundation

“If you want to not only be a great player but also inspire others to be their best, then this is a book you have to own.”

—David Phillips, former college football player and youth football coach



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