

10-Second PEP TALKS

Humor, Help & Hope
You Won't Find On
Motivational Posters



SPORTS ♦ BUSINESS ♦ LIFE
#4 in the Series

My Favorite Teacher Broke My Nose—Twice!



*The Game Within the Game—
Adversity Is a Surprisingly Good Teacher*

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Live a Full Life

10-Second Pep Talk



Life shrinks or expands according to
one's courage.

— *Anais Nin*

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Things Could Be Worse

10-Second Pep Talk



It's like *Unbroken*, but funnier and less torture.

— *Nell Scovell's assessment of her own book*

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Hard Times

10-Second Pep Talk

The greatest moments of your life are the most difficult ones. That's the only time you learn.

— Mandy Patinkin



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Get 'Em to Laugh

10-Second Pep Talk



Comedy is simply a funny way of being serious. No movie can be funny enough. Laughter lets the audience know they're in good hands. They let their guard down and become vulnerable to the serious stuff.

— *Edward Zwick, movie director*

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Down for the Count

10-Second Pep Talk



At my funeral I want a real boxing ref. I want him to stand over my casket and give the 10-count, "1 – 2 – 3 – 4 – 5" and then wave off the rest, walk away, and say, "Nah, he's not getting up."

— Gary Shandling

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I'll Do It!

10-Second Pep Talk



You see the biggest differences between a leader and a follower in a minefield.

— *Cal FitzSimmons*

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Knockin' on Heaven's Door

10-Second Pep Talk

What's money? A man is a success
if he gets up in the morning and
gets to bed at night and in
between does what he wants to do.

— *Bob Dylan*



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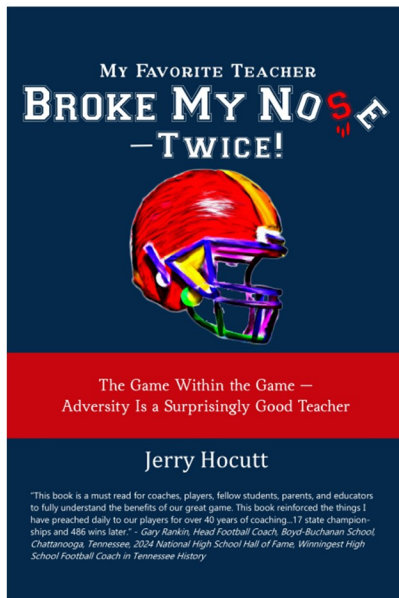


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Through humor, great stories and quotes Jerry has created a book that helps me reflect why I went into the education and coaching profession 40 years ago. — **Ken Potter**, *Jesuit High School, Portland, OR, 4 state championships, **winningest high school football coach in Oregon history***

This book is a must read for coaches, players, fellow students, parents, and educators. — **Gary Rankin**, *Boyd-Buchanan School, Chattanooga, TN, 40 years coaching with 17 state championships, **winningest high school football coach in Tennessee history***

Outstanding book with tons of stuff related to learning, character development and doing things the right way. — **Jim Roth**, *Southern Columbia High School, Catawissa, PA, 40 years head coach, 14 state titles, **Pennsylvania's all-time winningest high school football coach***

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