



Prepared: Body - Mind - Spirit: Using the Gridiron's Boundaries to Reach Your Limitless Potential

By Reggie Kelly

Createspace, United States, 2010. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Reggie Kelly of the Cincinnati Bengals tells how our measure of success, both on the field and in our daily life, is defined by what we are willing and able to do, despite our surroundings. From the first backyard Training Camp - the Garden of Eden - to the grassy scrimmage line of an NFL faceoff, Reggie explores the timeless lessons that shape the threeever-developing parts of mankind: the Body, Mind and Spirit. As Reggie notes, Be it the gates of Heaven or the goalposts of the Super Bowl, we are not worthy, nor ready to stand before eitheruntil we are first.prepared.

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