



How to Play the Game of Your Life: A Guide to Success in Sports-and Life

Ph.D., George A. Selleck

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Through personal anecdotes, interviews, with sports personalities and insightful application of psychology, philosophy, and life experience, noted sports psychologist/consultant George Selleck, Ph.D. examines both the special world athletes inhabit and the role that world plays in shaping their lives. He gives practical, detailed guidance on life skills—i.e., problem-solving, time management, stress control, financial planning, and interpersonal skills—that every athlete needs to be successful and fulfilled beyond his or her sport.

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