

Leadership Fitness: Developing and Reinforcing Successful, Positive Leaders

By Homer Rice

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Following up the success of *Lessons for Leaders*, Homer Rice has expanded on the Total Person-Total Success concept and the result is another strong book on positive leadership.

It wasn't enough that as a high school coach, Homer Rice won nine Coach of the Year Awards. It wasn't enough that, as a college coach at Kentucky, Oklahoma, Cincinnati, and Rice he coached four All-America quarterbacks, accumulated five national conference passing titles, and invented the famous triple-option offense. It wasn't enough that after stints as athletic director at UNC and head coach of the Cincinnati Bengals, he came to Georgia Tech and resuscitated the school's athletic department, culminating in the 1990 National Football Championship.

Homer Rice has left an enduring mark on NCAA football, and college athletics in general. His vision extended far beyond the playing fields and perhaps his greatest achievement is his creation of the Student-Athlete Total Person Program. Instituted at Georgia Tech, this program is now helping young men and women achieve their full potential at close to 200 other colleges and universities.

Using his own powerful story, Rice shows in Leadership Fitness how his Attitude Technique Philosophy leads to total success, whether on the gridiron or any of life's endeavors.

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Editorial Review

Review
Homer Rice always puts the total package together when he writes about successful, meaningful living. His strong spiritual foundation is always his springboard. This is a classic book for all winners in life. --Dr. Danny Lotz, FCA Board of Trustee

The strongest testimony comes from a true story. In *Leadership Fitness*, Homer Rice shares personal and professional wisdom born from 77 years of experience. He illuminates sound principles for developing the mind, body and spirit in a workbook format. I particularly appreciate his inclusion of the well established link between physical fitness, health, and peak performance, as he says, "being fit for the job." Readers will gain self-knowledge as well as a solid road map for success. --Kenneth H. Cooper, M.D. M.P.H., Founder Aerobic Center, Dallas, Texas

Homer Rice has done it again. Dr. Rice meticulously lays out a powerful, clear plan for achieving the essentials in leadership fitness. The plan for *Leadership Fitness* has been lived by Homer as a head coach in high school, college, and the NFL, as well as an athletic director at some of the finest universities in the country. *Leadership Fitness* is an apt description of the author, Homer Rice. --Grant Teaff, Executive Director, The American Football Coaches Association

Users Review

From reader reviews:

Enrique Myers:

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Clifford Roselli:

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