

Mental Abcs Of Pitching A Handbook For Performance Enhancement

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The Mental Keys to Hitting H. A. Dorfman 2001 This book is a must additon to every player's training and game day routines. Anyone serious about playing baseball should find this book as important as a bat or a glove.

Sports Law Patrick K. Thornton 2010-02-04 Sports Law looks at major court cases, statutes, and regulations that explore a variety of legal issues in the sports industry. The early chapters provide an overview of sports law in general terms and explore its impact on race, politics, religion, and everyday affairs. Later chapters address hot button issues such as gender equity, drug testing, and discrimination. Written from a sport management perspective, rather than from a lawyer's, this text covers all the major areas presented in sports law today including: cases relating to torts, contracts, intellectual property, and agents. Factual scenarios throughout the text allow students to critically examine and apply sport management principles to legal issues facing the sports executive. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition.

Pitching Prodigy Brandon Agamennone 2020-02-22 Two out, bottom of the ninth.....game on the line.Will the closer get the save?Pitching isn't just about throwing hard. Having a great pickoff move isn't enough. It's part art and part science. With 35-years as a Division 1 and Pro Pitcher, coach and current MLB scout in the World Champion Boston Red Sox organization, Brandon will share his secrets.It takes work and dedication.Do you know the drills your aspiring pitcher needs?For seven years Brandon pitched professionally. He founded one of the top College Recruiting programs in the country. He knows how to help young people improve. Success on the mound isn't just about the physical. You'll learn the mental side, too.A perfect book for coaches and parents.Learn: - How to create a healthy arm and repeatable mechanics- Improve command - to spin the ball better- how to hold runners- pitch shaping- pitch tunneling...and much moreYou'll love the stories and concepts, because success on the mound comes from depth of knowledge.Get it now

Science of Hitting Ted Williams 1986-04-29 Features the legendary hitter's guidance in all the basics and finer points of hitting and includes his analysis of the great hitters of the seventies and the eighties, including Rose, Brett, Carew, and Murray

The Charge Brendon Burchard 2012-05-15 The best-selling author of *The Millionaire Manager* presents a case for a new approach to human ambition and achievement in today's stressful, technologically driven world, drawing on neuroscience studies and case studies to profile 10 sources of motivation that can be strategically applied by today's business leaders. 150,000 first printing.

Ask a Manager Alison Green 2018-05-01 From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all

• you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “*Ask a Manager* is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

Investment Governance for Fiduciaries Michael E. Drew 2019-04-22 Governance is a word that is increasingly heard and read in modern times, be it corporate governance, global governance, or investment governance. Investment governance, the central concern of this modest volume, refers to the effective employment of resources—people, policies, processes, and systems—by an individual or governing body (the fiduciary or agent) seeking to fulfil their fiduciary duty to a principal (or beneficiary) in addressing an underlying investment challenge. Effective investment governance is an enabler of good stewardship, and for this reason it should, in our view, be of interest to all fiduciaries, no matter the size of the pool of assets or the nature of the beneficiaries. To emphasize the importance of effective investment governance and to demonstrate its flexibility across organization type, we consider our investment governance process within three contexts: defined contribution (DC) plans, defined benefit (DB) plans, and endowments and foundations (E&Fs). Since the financial crisis of 2007–2008, the financial sector's place in the economy and its methods and ethics have (rightly, in many cases) been under scrutiny. Coupled with this theme, the task of investment governance is of increasing importance due to the sheer weight of money, the retirement savings gap, demographic trends, regulation and activism, and rising standards of behavior based on higher expectations from those fiduciaries serve. These trends are at the same time related and self-reinforcing. Having explored the why of investment governance, we dedicate the remainder of the book to the question of how to bring it to bear as an essential component of good fiduciary practice. At this point, the reader might expect investment professionals to launch into a discussion about an investment process focused on the best way to capture returns. We resist this temptation. Instead, we contend that achieving outcomes on behalf of beneficiaries is as much about managing risks as it is about capturing returns—and we mean “risks” broadly construed, not just fluctuations in asset values.

Coaching Third Bethany Bradsher 2010 He set out to become a coach who

accumulated wins, a coach who inspired a team all the way to college baseball's Holy Grail -- the College World Series in Omaha. As it turned out, Keith LeClair's dreams were too small. When the diagnosis of a fatal disease threw his coaching career a heartrending curveball, LeClair found himself on a different path. This new journey had less to do with coaching glory than with eternal perspective, and as LeClair's body deteriorated, his faith in God shone brighter than the competitive fire that had landed him his first head coaching job at the age of 25. Through years of debilitating illness, he transformed lives in college athletics and beyond with his extraordinary wisdom, grace, and courage. This is his story.

The Handbook of Financing Growth Kenneth H. Marks 2005-05-31 An in-depth look at the strategies, capital structure, and fund raising techniques for emerging growth and middle-market companies. Here is a comprehensive and practical guide to understanding and applying the basics of corporate finance to emerging growth and middle-market companies. Using empirical data and actual company cases to illustrate capital structures and financing approaches, the book provides a detailed discussion of the many funding instruments, from traditional bank loans and asset-based financing to different types of private equity and other creative solutions; the types of funding sources and their expected rates of returns; and typical deal terms.

The Mental ABCs of Pitching H.A. Dorfman 2017-03-01 Author H.A. Dorfman brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game. Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound.

Lau's Laws on Hitting Charley Lau Jr. 2000-05-01 After working as a minor league hitting instructor, Charley Lau Jr. began his quest to resolve the myths and misunderstandings on how to hit a baseball in the most effective way possible. This book not only includes the secret ingredients to building the most dynamic swing possible, but he shows, step-by-step, how to teach yourself or your students.

Class A Lucas Mann 2013-05-07 An unforgettable chronicle of a year of minor-league baseball in a small Iowa town that follows not only the travails of the players of the Clinton LumberKings but also the lives of their dedicated fans and of the town itself. Award-winning essayist Lucas Mann delivers a powerful debut in his telling of the story of the 2010 season of the Clinton LumberKings. Along the Mississippi River, in a Depression-era stadium, young prospects from all over the world compete for a chance to move up through the baseball ranks to the major leagues. Their coaches, some of whom have spent nearly half a century in the game, watch from the dugout. In the bleachers, local fans call out from the same seats they've occupied year after year. And in the distance, smoke rises from the largest remaining factory in a town that once had more millionaires per capita than any other in America. Mann turns his eye on the players, the coaches, the fans, the radio announcer, the town, and finally on himself, a young man raised on baseball, driven to know what still draws him to the stadium. His voice is as fresh and funny as it is poignant, illuminating both the small triumphs and the harsh realities of minor-league ball. Part sports story, part cultural exploration, part memoir, *Class A* is a moving and unique study of why we play, why we watch, and why we remember.

New York City Baseball Harvey Frommer 2013-11-01 In the heady days after World War II, the nation was ready for excitement and heroes, and a city—New York—was eager for entertainment. Baseball provided the heroes, and the Yankees, the Giants, and the Dodgers—with their rivalries, their successes, their stars—provided the show. *New York City Baseball* recaptures the extraordinary decade of 1947–1957, when the three New York teams were the uncrowned kings of the city. In those ten years, Casey Stengel's Bronx Bombers went to the World Series seven times; “Joltin’” Joe DiMaggio stepped gracefully aside to make room for a young slugger named Mickey Mantle; Bobby Thomson hit “the shot heard ’round the world”; and the Brooklyn Dodgers achieved the impossible by beating the Yankees in the 1955 World Series. Over the decade, the teams averaged an astounding 90 wins against 63 losses a season, making it, according to *The New York Times*,

“a helluva ten years.” Including a new introduction to the 2013 edition and rare interviews with Monte Irvin, Rachel Robinson (Jackie's widow), Mel Allen, Duke Snider, Eddie Lopat, Phil Rizzuto, and many more, this book is a must-have for those who want to experience baseball's golden age.

Heads-Up Baseball Ken Ravizza 1995-06-01 "This book provides practical strategies for developing the mental skills which help speed you to your full potential."---Dave Winfield What does it mean to play heads-up baseball? A heads-up player has confidence in his ability, keeps control in pressure situations, and focuses on one pitch at a time. His mental skills enable him to play consistently at or near his best despite the adversity baseball presents each day. "My ability to fully focus on what I had to do on a daily basis was what made me the successful player I was. Sure I had some natural ability, but that only gets you so far. I think I learned how to focus; it wasn't something that I was necessarily born with." -- Hank Aaron "Developing and refining my mental game has played a critical role in my success in baseball. For years players have had to develop these skills on their own. This book provides practical strategies for developing the mental skills that will help speed you toward your full potential." -- Dave Winfield

JavaScript Bible Danny Goodman 2010-09-23 The bestselling JavaScript reference, now updated to reflect changes in technology and best practices As the most comprehensive book on the market, the JavaScript Bible is a classic bestseller that keeps you up to date on the latest changes in JavaScript, the leading technology for incorporating interactivity into Web pages. Part tutorial, part reference, this book serves as both a learning tool for building new JavaScript skills as well as a detailed reference for the more experienced JavaScript user. You'll get up-to-date coverage on the latest JavaScript practices that have been implemented since the previous edition, as well as the most updated code listings that reflect new concepts. Plus, you'll learn how to apply the latest JavaScript exception handling and custom object techniques. Coverage includes: JavaScript's Role in the World Wide Web and Beyond Developing a Scripting Strategy Selecting and Using Your Tools JavaScript Essentials Your First JavaScript Script Browser and Document Objects Scripts and HTML Documents Programming Fundamentals Window and Document Objects Forms and Form Elements Strings, Math, and Dates Scripting Frames and Multiple Windows Images and Dynamic HTML The String Object The Math, Number, and Boolean Objects The Date Object The Array Object JSON - Native JavaScript Object Notation E4X - Native XML Processing Control Structures and Exception Handling JavaScript Operators Function Objects and Custom Objects Global Functions and Statements Document Object Model Essentials Generic HTML Element Objects Window and Frame Objects Location and History Objects Document and Body Objects Link and Anchor Objects Image, Area, Map, and Canvas Objects Event Objects Practical examples of working code round out this new edition and contribute to helping you learn JavaScript quickly yet thoroughly.

The Tactics of Pitching Branford McAllister 2014-02-04 There are two basic ways to win the pitcher versus hitter war:• Overpower the hitter (like Justin Verlander)• Fool the hitter (like Barry Zito).The first requires dominating stuff, generally velocity. (Verlander's average fastball in 2012 was 94.3 mph. He also showcased a superb curveball.) And, it requires a fair amount of control to go with the overpowering velocity. Not many pitchers have that kind of ability, even in the major leagues. At lower levels, very few pitchers have the kind of overpowering stuff to rely just on that to get hitters out throughout a game. Those who do have electric stuff can dominate hitters. They are the fortunate ones, but not everyone has this advantage. For them, and for the overpowering pitchers at higher levels, something more than great stuff is required. So, in general, we need a more strategic, mental approach to get hitters out consistently.Pitching is a complex endeavor—both physical and mental. While there are many views on how to succeed as a pitcher, there are several principles that lead to success on the mound. Among these are the following: There is a limited number of things you can do with a ball: give it speed, give it direction, impart spin, and select an orientation of the seams. You can also combine pitches in different sequences and combinations. Otherwise, there is nothing you can do to the ball. Every other factor that you can control is mental, and therefore absolutely essential to

success. You cannot succeed consistently on the hill without having a plan in mind beforehand. So, if you prepare well, with solid mechanics, you can win each battle with hitters. The objective on the mound is getting outs. There is a strategy to doing this and it relies upon a thoughtful approach that considers your abilities and the situation. If you combine great physical preparation with a sound mental approach, you greatly increase your chances to get those outs, succeed on the hill, and give your team the best opportunity to win games. There are many books on baseball, a few of them about pitching. But, there are very few good books on the art and strategy: the tactics of pitching—specifically, books dealing with how to throw specific pitches, why they do what they do, when to throw them, to what locations, and how to set up hitters. There are few books that help pitchers “pitch” a good game—the subtleties of how to throw pitches and how to formulate game plans for pitching. The *Tactics of Pitching* is a practical manual for learning and teaching the science, mechanics, and strategy of pitching, suitable for amateur players and coaches through the college level. The book focuses on the following topics: • Pitching Philosophy • How Air Resistance Affects the Flight of a Ball • The Strikezone • Pitches • Situational Pitching • Mechanics Checklist • Correcting Problems • Mental Aspects of Pitching.

International Handbook of Health Literacy Okan, Orkan 2019-07-31 Available Open Access under CC-BY-NC license. Health literacy addresses a range of social dimensions of health including knowledge, navigation, communication as well as individual and organizational skills for accessing, understanding, evaluating and using of information. Especially over the past decade, health literacy has become a major public health concern globally as an asset for promoting health, wellbeing and sustainable development. This comprehensive handbook provides an invaluable overview of current international thinking about health literacy, highlighting cutting edge research, policy and practice in the field. With a diverse team of contributors, the book addresses health literacy across the life-span and offers insights from different populations and settings. Providing a wide range of major findings, the book outlines current discourse in the field and examines necessary future dialogues and new perspectives.

K Tyler Kepner 2020-03-03 "A history of baseball in ten pitches"--

Reporting on migrants and refugees UNESCO 2021-06-19

Read This Book Tonight to Help You Win Tomorrow Rob Gilbert 2013-02-02

It's the night before the big game or competition. Athletes have put in endless hours of practice time to prepare for the event. Their physical training is complete, but how can they be assured of being at their peak condition mentally? Based on author Dr. Rob Gilbert's 30 years of consulting with thousands of athletes, "Read This Book Tonight To Help You Win Tomorrow" includes: - Over 120 of the greatest sports motivational quotes ever assembled. - 40 power statements for game day to perform your best under pressure. - What the greatest upset in sports history can teach you about never giving up. - Overcoming competitive fears, nerves and doubts. - The simple mantra that helps athletes block out distractions. - 5 must have rules for going all out. - Getting rid of the "Mental Emergency Brake." - Striking the right balance between caring too much and caring too little. - Proven methods to loosen up and play your best. - Decision vs. action. Why athletes must know the difference. - Tommy Lasorda's secret weapon to help athletes win. - How focusing on effort instead of outcome boosts performance. - Maximizing athletic ability, being a team leader and playing out of your mind. - Eliminate the 14 killer words that destroy performance.

How to Read a Book Mortimer J. Adler 2014-09-30 Analyzes the art of reading and suggests ways to approach literary works, offering techniques for reading in specific literary genres ranging from fiction, poetry, and plays to scientific and philosophical works.

Nolan Ryan's Pitcher's Bible Nolan Ryan 1991-04-15 Offers advice on the mechanics of pitching, and recommends a program of weight training, aerobic exercise, and sound nutrition

A Game of Inches Peter Morris 2006-03-23 A fascinating and charming encyclopedic collection of baseball firsts, describing how the innovations in the game—in rules, equipment, styles of play, strategies, etc.—occurred and developed from its origins to the present day. The book relies heavily on

quotations from contemporary sources.

Myths, Legends, and Folktales of America David Adams Leeming 2000 From the legend of Paul Bunyan to the icon of Uncle Sam, a unique collection of America's great myths and legends includes excerpts from primary material and an analysis of how immigrants assimilated to American folklore.

Coaching the Mental Game H. A. Dorfman 2017-03-01 Whoever claims winning isn't everything obviously has not spoken with an athletic coach. *Coaching the Mental Game* offers coaches of all sports a definitive volume for effectively understanding an athlete's mental awareness, which in turn will help drive success. Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance. *Coaching the Mental Game* will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

No Logo Naomi Klein 2000-01-15 An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

The Data Science Design Manual Steven S. Skiena 2017-07-01 This engaging and clearly written textbook/reference provides a must-have introduction to the rapidly emerging interdisciplinary field of data science. It focuses on the principles fundamental to becoming a good data scientist and the key skills needed to build systems for collecting, analyzing, and interpreting data. The *Data Science Design Manual* is a source of practical insights that highlights what really matters in analyzing data, and provides an intuitive understanding of how these core concepts can be used. The book does not emphasize any particular programming language or suite of data-analysis tools, focusing instead on high-level discussion of important design principles. This easy-to-read text ideally serves the needs of undergraduate and early graduate students embarking on an "Introduction to Data Science" course. It reveals how this discipline sits at the intersection of statistics, computer science, and machine learning, with a distinct heft and character of its own. Practitioners in these and related fields will find this book perfect for self-study as well. Additional learning tools: Contains "War Stories," offering perspectives on how data science applies in the real world Includes "Homework Problems," providing a wide range of exercises and projects for self-study Provides a complete set of lecture slides and online video lectures at www.data-manual.com Provides "Take-Home Lessons," emphasizing the big-picture concepts to learn from each chapter Recommends exciting "Kaggle Challenges" from the online platform Kaggle Highlights "False Starts," revealing the subtle reasons why certain approaches fail Offers examples taken from the data science television show "The Quant Shop" (www.quant-shop.com)

Ninety Percent Mental Bob Tewksbury 2018-03-20 Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball. In *Ninety Percent Mental*, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill). With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan

who wants to see the game in a way he or she has never seen it before. *Ninety Percent Mental* will deliver an unprecedented look at the mound games and mind games of Major League Baseball.

Out Of My League: A Rookie's Survival in the Bigs Dirk Hayhurst 2012-02 In a follow up to "The Bullpen Gospels," the author details his major league rookie season, revealing that for him, it isn't just about the game, but about the people and events in it.

Jimmie Foxx Mark R. Millikin 2005-09-21 The story of one of baseball's most ferocious hitters, Jimmie Foxx. The most inclusive biography of Foxx to date, Millikin's book provides a complete picture of his subject.

The Knucklebook Dave Clark 2012-03 This little book will teach you all you need to know about the most frustrating yet entertaining pitch in baseball: the knuckleball. "Clark masterfully breaks down the pitch, the mindset, and could save the pitch from extinction with this important work."—Will Carroll.

The Mental Keys to Hitting H.A. Dorfman 2017-03-01 A must-have book by acclaimed author and expert H.A. Dorfman that highlights the crucial mental components involved in hitting a baseball and playing the game, components that are as important, if not more so, than the intense physical regimen of an athlete.

The Mental Game Of Baseball H. A. Dorfman 2002-01-01 In this book, authors H.A. Dorfman and Karl Kuehl present their practical and proven strategy for developing the mental skills needed to achieve peak performance at every level of the game.

The Sport Psych Handbook Shane Murphy 2009-08-10

Mental Toughness Karl Kuehl 2006-12 Working from a vast combined experience in professional baseball, the authors have broken down the elements of mental toughness into an easily understood package. Not only baseball players but other athletes as well as managers, coaches, and parents can learn how elements like attitude, confidence, and the ability to focus and make adjustments are built and how they can help players reach their maximum performance. With a Foreword by Tony La Russa. "A must-read for future athletes and non-athletes alike." Mark McGwire."

Curveball Barry Zito 2019-09-17 The painfully honest and personal story of one of baseball's most intriguing players. In *Curveball*, Zito shares his story with honesty and transparency. The ups and the downs. The wins and losses. By sharing his experiences as a man who had everything except happiness, Zito offers readers a path through adversity and toward a life defined by true success. Despite achieving the kind of fame and fortune that most people only dream about, Barry Zito was plagued by both internal forces and external circumstances that robbed him of any sense of peace—until he finally found a purpose worth living for. Barry explores the twists and turns of his own journey, including: his dad's constant push and pursuit for excellence, which translated into a toxic father-son relationship, how achieving superstardom in the major leagues created crippling fear, the personal destruction brought on by fame and fortune, and the disastrous seasons with the San Francisco Giants, including being benched for the 2010 playoffs and World Series. Zito comes face-to-face with the destructiveness of his own ego—his need to be viewed as the best. He also comes face-to-face with God and with the truth that he was loved no matter what he achieved.

Strike Four Richard Hershberger 2019-03-08 *Strike Four* traces the development of all aspects of baseball and explains why these changes occurred and their consequences. It is the first book to provide a comprehensive narrative of how baseball evolved from an informal folk game

to the game we see today played in ballparks across the U.S. and around the world.

The Improv Handbook Tom Salinsky 2017-10-19 *The Improv Handbook* is the most comprehensive, smart, helpful and inspiring guide to improv available today. Applicable to comedians, actors, public speakers and anyone who needs to think on their toes, it features a range of games, interviews, descriptions and exercises that illuminate and illustrate the exciting world of improvised performance. First published in 2008, this second edition features a new foreword by comedian Mike McShane, as well as new exercises on endings, managing blind offers and master-servant games, plus new and expanded interviews with Keith Johnstone, Neil Mullarkey, Jeffrey Sweet and Paul Rogan. *The Improv Handbook* is a one-stop guide to the exciting world of improvisation. Whether you're a beginner, an expert, or would just love to try it if you weren't too scared, *The Improv Handbook* will guide you every step of the way.

The Baseball Hall of Shame Bruce Nash 2012-03-06 From 1985 to 1992, *The Baseball Hall of Shame* series chronicled more than 100 years of baseball goofs and gaffes, selling more than 700,000 copies. Now, the authors of the most offbeat baseball books ever written are back, featuring their looniest lineup of classic stories and inducting their first new class of Hall of Shamers in twenty years. Bruce Nash and Allan Zullo cover everything from the battiest batters and craziest fielding fiascos to the dumbest ballpark promotions and screwiest fan behavior. Hall of Shamers include outfielder Lou "The Mad Russian" Novikoff, who insisted his wife taunt him from the stands because it made him a better hitter... Pitcher Burleigh Grimes, who was so mean that he threw a beanball at the on-deck hitter... Outfielder Ping Bodie, who out-ate Percy the ostrich for the spaghetti-eating championship of the world... and Babe Ruth, who wore ladies' silk stockings for good luck. Among the new inductees are Ken Griffey Jr., who put a cow in manager Lou Piniella's office to pay off a steak dinner bet... Manny Ramirez, who abandoned left field to go to the bathroom during a game... and David "Big Papi" Ortiz, whose underwear was smeared with peanut butter as payback for the pranks he pulled on teammates. Filled with more than 200 stories and packed with photos, *The Baseball Hall of Shame: The Best of Blooperstown* is the most hilarious homage to the national pastime ever assembled, and a fitting testament to the Hall's motto: "Fame and shame are part of the game."

The Phenomenon Rick Ankiel 2017-04-18 A NEW YORK TIMES BESTSELLER Rick Ankiel had the talent to be one of the best pitchers ever. Then, one day, he lost it. *The Phenomenon* is the story of how St. Louis Cardinals prodigy Rick Ankiel lost his once-in-a-generation ability to pitch—not due to an injury or a bolt of lightning, but a mysterious anxiety condition widely known as "the Yips." It came without warning, in the middle of a playoff game, with millions of people watching. And it has never gone away. Yet the true test of Ankiel's character came not on the mound, but in the long days and nights that followed as he searched for a way to get back in the game. For four and a half years, he fought the Yips with every arrow in his quiver: psychotherapy, medication, deep-breathing exercises, self-help books, and, eventually, vodka. And then, after reconsidering his whole life at the age of twenty-five, Ankiel made an amazing turnaround: returning to the Major Leagues as a hitter and playing seven successful seasons. This book is an incredible story about a universal experience—pressure—and what happened when a person on the brink had to make a choice about who he was going to be.