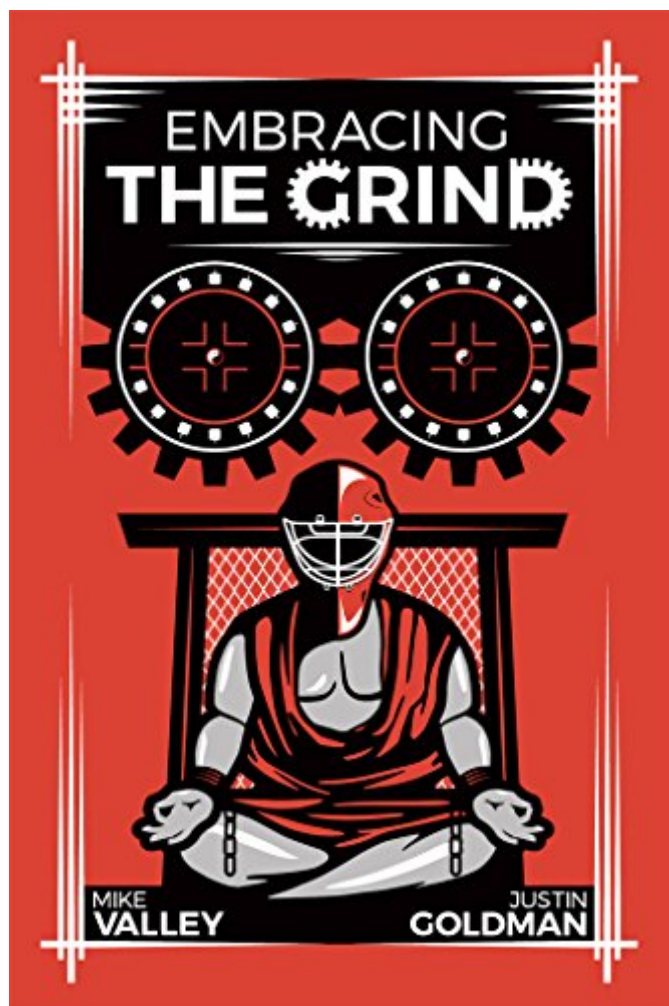


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# Embracing The Grind



## Synopsis

A goaltender is an athlete on an island. Left alone with nothing but your thoughts in the blue crease, you must learn how to handle the pressure of being the last line of defense. You live in a world where you're only as good as your last game, so if you don't win, you don't play. It's that simple. In today's NHL, there's zero margin for error. Players are faster, shots are more accurate, and the game is more physical than ever before. In order to be successful at this level, no matter your size or style, you better be able to handle The Grind. Co-authored by Justin Goldman and Mike Valley, *Embracing The Grind* features candid, motivational discussions with 11 NHL goaltenders and goalie coaches. A continuation of *The Power Within*, this book aims to help you embrace the mental, emotional, and physical challenges that come with playing one of the toughest positions in sports. Whether you're a goalie, an aspiring athlete, the CEO of a corporation, or a hard-working single parent, everyone has their fair share of hard times. So when you feel the weight of the world on your shoulders, dig deep, trust yourself, and keep *Embracing The Grind*! Featuring 11 NHL Goalies and Coaches: Ben Bishop, Freddy Brathwaite, Scott Darling, Jhonas Enroth, Johan Hedberg, Jimmy Howard, Mitch Korn, Drew MacIntyre, Curtis McElhinney, Evgeni Nabokov, and Jordan Sigalet.

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## Customer Reviews

Would recommend it to others.

Good info to share with my goalie son. I never played hockey, so hearing success stories and their battles is helpful.

Again Justin Goldman has provided us more fuel for thought and inspiration to be all that we can be in the ice and, if you're smart, to more aspects of life. Thank you Mr. Goldman for another Amazing book!

Excellent book

Amazing book, really great read for any goaltender

My son loved it! Awesome for hockey goalies!

An absolute fantastic sequel to The Power Within. Justin Goldman and Mike Valley do a great job of reminding us of some of the lessons taught in The Power Within and build on those lessons with some tremendous interviews. This is a must read for goalies all virtually all ages and abilities, goalie coaches AND goalie parents. Can't wait for the third of the trilogy! :)

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