



The Way of the Athlete: The Role of Sports in Building Character for Academic, Business, and Personal Success

Rob Pate

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There comes a time in every competitive athlete's life when the cheering stops and it's time to move on to other pursuits. Written by a former Division 1 football player and Academic All-American, *The Way of the Athlete* argues that sports prepares athletes for this transition by instilling qualities that contribute to academic, business, and personal success.

Rob Pate draws on his own experience, together with the experiences of coaches and other athletes, to highlight the parallels between athletic achievement and attainment in other areas of life. The author looks beyond the time-honored qualities of discipline, dedication, teamwork, sportsmanship, and leadership. He examines other must-have athletic attributes that help build character, including the ability to bounce back and learn from failure.

Not every athlete can make a Division 1 roster. But everyone who's played sports can take the experience and chart a path to success in other areas of life. Written by someone who's done precisely that, *The Way of the Athlete* is a guide to getting the most from the lessons that sports have to teach us.

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