



## Simply the Best: Players on Performance

*Mike Johnston, Ryan Walter*

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## **Simply the Best: Players on Performance** Mike Johnston, Ryan Walter

What makes players simply the best? That's what coach Mike Johnston and former NHL great Ryan Walter set out to discover in *Simply the Best: Players on Performance*. The authors interviewed these top competitors to discover how they prepare to be the best in the world, how they lead a dressing room from the inside out, and how coaches best inspire their winning performances.

In their previous book, the hugely successful *Simply the Best: Insights and Strategies from Great Hockey Coaches*, Johnston and Walter asked top hockey coaches to talk about the methods they use to get the best performance from their players. In seeking the players' perspective, the authors have again compiled fascinating information that is as relevant to the game of life as it is to hockey. Young and old alike will be inspired and motivated as they gain access to exclusive insights directly from the players. *Simply the Best: Players on Performance* is not only a must-read for hockey fans, players, and coaches, but will also resonate with anyone pursuing excellence, individually or as part of a team.



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