



## **Quiet Strength: The Principles, Practices, & Priorities of a Winning Life**

*Tony Dungy, Nathan Whitaker*

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## **2008 Retailer's Choice Award winner!**

Tony Dungy's words and example have intrigued millions of people, particularly following his victory in Super Bowl XLI, the first for an African American coach. How is it possible for a coach--especially a football coach--to win the respect of his players and lead them to the Super Bowl without the screaming histrionics, the profanities, and the demand that the sport come before anything else? How is it possible for anyone to be successful without compromising faith and family? In this inspiring and reflective memoir, now updated with a new chapter, Coach Dungy tells the story of a life lived for God and family--and challenges us all to redefine our ideas of what it means to succeed.

The softcover edition of this #1 *New York Times* best-seller includes a new chapter! In it, Coach reflects on the 2007 football season and last year's successful hardcover release of *Quiet Strength*. Also features a foreword by Denzel Washington and a 16-page color-photo insert. Over 1 million in print!

## **Quiet Strength: The Principles, Practices, & Priorities of a Winning Life Details**

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## **From Reader Review Quiet Strength: The Principles, Practices, & Priorities of a Winning Life for online ebook**

### **Mikebado says**

When viewing him on CBS's "NFL Today," the first impression one may have of ex-Indianapolis Colts coach Tony Dungy is one of a stiff, mannered, slightly humorless albeit kind man. This is the same impression one will likely have while reading the lion's share of his memoir. However, on the Colts' run to the Super Bowl, Dungy experiences a shocking loss to his family, and it is here that the reader begins to feel an unexpected closeness to the coach. In the final quarter of the book, all of Dungy's mantras bear fruit, and his life becomes a testimony to the solidity of his beliefs. It is in this final section that this memoir becomes a moving work and one that leaves the reader feeling rewarded. One of Dungy's repeated mottos to his teams was not to deviate from who they were or the plan they had and just to "do what we do," letting the results follow. This is Mr. Dungy's approach to the writing of this book, and, in the end, it turns out he was right.

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### **Amy (Foxy) says**

Prior to my switching of genres I was primarily a reader of non fiction books. I still throw them in here and there. A couple weeks ago during the Rose Bowl we had some friends over for the game. Our house bleeds GREEN & YELLOW and one of my favorite players is Marcus Mariota (this year's Heisman trophy winner). I was discussing how I really respect him on and off the field when my friend suggested I read Tony Dungy's books. I knew who Mr. Dungy is because his son played football for Ducks. Whenever Mr. Dungy attended the games he was always put on the jumbotron. My friend told me if I liked Marcus's attitude than I would like Mr. Dungy's too because they were similar.

Since I read this one and Uncommon: Finding Your Path to Significance back to back I decide to do the same review for both of them. Even though they are different books with related topics they both are a Christian's perspective on life and football. This book is more about Mr. Dungy's football career.

Here is a video of Tony Dungy talking about Marcus Mariota:

<http://youtu.be/1p4PziSPB6o?t=6m33s>

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### **Jamie says**

Y'all he's friends with Denzel Washington. What more do I need to say? The fact that Denzel (and his wife) wrote the forward to Tony Dungy's Quiet Strength: The Principles, Practices, and Priorities of a Winning Life meant it was going to be awesome (and it was). But I mean seriously, they're friends??? Two of my favorite celebrities...how do I get into that friendship circle??

Anyway.

This book's definitely one I'm going to buy (along with all his other books). Dungy's life is encouraging and inspiring on every level. He's honest about his mistakes, his hard times, his joys and what it all comes down to – living a life for Christ. And when did I start getting teary-eyed? In the forward, page x.

Awesome.

His story is also such a great reminder of the power and influence we can have in people, like our youth today. I laughed a lot too, especially the way he told the story of how him and his wife, Lauren, met and dated. They truly are an amazing couple. Just when I thought they couldn't impress me more, I turn to page 180 and learn about their adoptions. If this doesn't provide further proof that we are meant to be friends (I have always had a heart for adoption), then I don't know what does.

And if that wasn't enough to make me cry, talking about his son Jamie (who took his own life a few years ago) was heartbreaking, yet profound. I cannot fathom their grief, but their response and unwavering faith through the circumstance impacted me greatly (and I know so many others).

Dungy's life reminds me while the journey of life is full of twists, turns, valleys, hilltops and often not quite what we thought it would be, when we trust and follow the Lord, we're exactly where we need to be.

Have I mentioned I want to be his friend?

[booksandbeverages.wordpress.com](http://booksandbeverages.wordpress.com)

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### **Chris says**

This was a very uplifting book! I have a most high respect for Mr. Dungy. He is not afraid to stand up for his morals and values. He is a great teacher. If you love football you will love this book, if you like football you will love this book, if you love inspiring books you will love this book. I don't see anybody reading this book and not thinking about later on! It is very much worth the time to read!

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### **Judy Cox says**

This book is all about football and faith. I don't know a thing about football and my faith is questionable so I would not have chosen this book to read. However, it was selected by my book club so I had to give it a shot.

I wanted to give the book 2 stars because the first 100 pages were very boring, but overall, the book has some valuable lessons about faith, family and building a team, so I'm giving it 3 stars.

If you love football, you might find it interesting.

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### **Luke Koran says**

Faith, Family, and Football. If there was ever any one person who you would want saying there were more important things than football - even if they told you that in the middle of the darn Super Bowl - it would

have to be Coach Tony Dungy. Throughout every single page of his entire autobiography, the reader senses and admires how faithful Tony has been to His Lord and Savior, Jesus Christ, throughout his entire life, in both his personal and professional lives. The fact that he continued his devout practices as a head coach in the ruthless and hard-hitting National Football League and saw his faith-based philosophies bring years of success to two championship-winning franchises is a true testament to this man and the power in trusting God's will.

I was thoroughly surprised while reading this autobiography, as I came into it fully expecting to hear a lot of Tony's faith while only hearing a small portion of his sporting career. It turns out that he balanced his life's story pretty well, with plenty of commentary centered around every year of his football life, from player to coach, franchise to franchise, and, unfortunately, the consistent revolving door of heartbreaking defeats. I should've expected this, especially having read numerous sporting biographies over the past couple years; even for the most devout athlete, in order to communicate their journey of faith with the general public they must first take the reader through their life's story, which cannot be fully told without detailing their claim to fame and athletic career. Tony's autobiography, though chock-full of numerous themes and references of faith, is also a solid commentary on his professional football career. (So rejoice, sporting fans, who were weary of reading a book they thought would just be about religion!) Tony's football journey transcends several eras, from both times of prejudice and fewer opportunities for blacks to times where every man is given a fair chance to play and coach on a professional football team, regardless of race. Occasionally, the details are lacking - even on some of the Buccaneer's or Colt's biggest games - but otherwise, Tony does a good job in highlighting each year he spent in the NFL and what he feels is the biggest takeaway from each.

As Tony's first venture into fully documenting his faith-filled football journey - one season following his historic Super Bowl victory as the first African American coach to win it all, "Quiet Strength" fully delivers on exploring who Coach Tony Dungy is and how his God-inspired philosophies brought numerous successes both on-and-off the field for his respective teams - both their coaches and players and their families, as well as the loyal fanbases. We should all aspire to be like Tony.

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### **Brent Soderstrum says**

My men's Bible study group is doing the companion Bible study to this book so I thought I should read it. Glad I did.

I am a football fan and knew about Coach Dungy's success with Tampa and Indianapolis. I also knew he was a Christian and the tragedy his family experienced with the suicide of his son Jamie. Despite all that pre-knowledge I learned so much about the man and his faith from reading this book.

This is basically Tony Dungy's life story. The highs and the lows. Each time he didn't get the job he wanted he had faith in God such that God had something better planned for him. He also continually demonstrates how God can take something bad that happens in our lives and bring glory to God through it. This is demonstrated most notably by the death of his son Jamie. I cannot even imagine going through something like that. As he says in the book, he had to now walk the walk he had been talking about prior.

Dungy shows grace and gratitude towards the Bucs when they fired him. Very difficult to do. But would ranting and being angry make things better or improve things? No. Something I need to learn in dealing with setbacks.

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### **Jill Jackson says**

Coach Dungy never lets down his reserve, and I never felt that I was sharing in this man's riches. Simply to say one believes in God, without ever describing a truly soul-changing experience, is to type, not write. There was a lot of typing in this book. Very little writing. A waste of time.

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### **Jason M Waltz says**

This is a spectacular book. On fatherhood, leadership, personal growth, fathering, perseverance, friendship, love, and faith. On hard work, ethics, honesty, understanding, encouragement, and belief. I have read many biographies, and Tony Dungy is the most humble person I have ever read about. I have so much respect for him from this read and the wee little bit I saw of him as a coach on the sidelines and the even less I've seen of him as an analyst (I don't have/watch channels he's been on.) I would be honored to meet him, thrilled to sit down and listen to him.

Coach Dungy takes claim for nothing, other than his mistakes and misperceptions. He attributes every thing he's learned, every good he's done, every positive decision, impact, or influence he's had to his father, his mother, his wife, his children, his peers, his coaches, his teachers, and ultimately and repeatedly to God. Outstanding example of a firm foundation grounded in his faith and his father's truisms. He shares much of himself throughout the book, a brave and candid thing. He is transparent in his frustrations and failures, grateful and sharing in his blessings and benefits.

This is a good biography told by a good man about many good traits and truths that should be much more prevalent then they currently are. Prevalent, expected, demanded - of ourselves and each other. All of society would be much improved. Thanks for being who you are Coach, and for sharing your heart.

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### **Cesar says**

The Super Bowl is every football coach's dream but it shouldn't be their top priority. Tony Dungy is a coach that depicts football as his job but not his life. The most meaningful message he refers to was Matthew 16:26, in which Jesus asks, "And what do you benefit if you gain the whole world but lose your soul?" There is no meaning to life if you lose sight of what is really important: our family, values, principles, and the God who loves us. I highly recommend this book to anyone who is looking for an example of what a winning life truly represents. If you are not really into football be prepared to endure some heavy football reading; it is worth it when you are done with the book.

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### **Brad Poel says**

As a coach and a former Tampa Bay area resident, Quiet Strength has been on my 'to read' list for a while. It

was well worth the read.

I enjoyed learning more about Tony Dungy—both as a coach and as a man of God. Dungy is a man of integrity, character, persistence and faith. He lead his teams well, on and off the field. I was struck by his persistence and optimism as a coach, year after year.

Dungy is a man of faith. He integrated his faith seamlessly with his coaching style and the example he set with his players. He modeled faith and integrity amidst the challenges of tough seasons, getting fired (in Tampa), and particularly in the tragic death of his son.

I had forgotten about the tragedy that Dungy and his family endured in the suicide of their son James in 2005. His NFL accomplishments in the years to follow are all the more significant in the wake of that tragedy.

As a coach myself, I greatly respect Dungy's calm and controlled approach to coaching and the respect he garnered from his players despite his demeanor. His atypical style is such a breath of fresh air amidst a league where hotheaded coaches appear to be the norm. Dungy's accomplishments are a testament to his unique approach.

Dungy was head coach of the Tampa Bay Bucs when my family and I moved to the Tampa area in 2001. It was sad to see him fired from the Bucs the following season, and sadder still to see the Bucs win the Super Bowl without Tongy the following season. Thankfully, many credit Dungy for building the Bucs team into Super Bowl champions.

I "read" the audio format of this book and enjoyed listening to Dungy himself do the reading. This book is a quick "read" (especially on 2x playback speed on my iPod).

I highly recommend Quiet Strength—whether you're a coach, football fan, athlete or sports buff, or just like a good listen.

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### **Randy says**

First of all I would like to say this is a great book and recommend that everyone reads this book! This book is an over view of the life of legendary NFL head Coach Tony Dungy, from the first time he started coaching. This book keeps the reader hooked with unexpected twists, inspiration, and the strength of one man and the impact he had not only on football but also in the lives of everyone he met.

The theme of Quiet Strength is that no matter what happens in life you can always work your way through the problem and become a better person. Tony reveals this to the reader throughout the book. He has gone through about as much as anyone can but over and over he proves that with the strength of God all things are possible.

The character development is very evident in this book. The further you read the more you can see how he grows stronger and is able to resist temptation and go against the grain. While everyone tells him he should do it this way he listens to God and through that he becomes a stronger person.

This book, Quiet Strength, has been a personal favorite. I have never before read a book that has given me more encouragement and has shown me more life lessons than this book has. I recommend that everyone reads this book because you will never regret doing it.

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### **Matt McCullough says**

Great listen via audiobook. The book made me respect him even more, considering all he's been through and what he stands for.

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### **Marc says**

Spoiler: Dungy finally wins a Superbowl as a coach with the Indianapolis Colts.

I had heard good things about this book especially from the perspective of being a Christian. Because I have a certain disdain for the Indianapolis Colts that I can't quite explain, I was reluctant to pick it up and give it a try. I didn't want to read a book by the guy who had beaten the Patriots in an emotionally fought AFC Championship game.

I finally picked it up at Walmart when I was looking for something to read at dinner on a "night off". Once I got into it, I was hooked and continued happily even knowing I would have to read about the aforementioned AFC Championship game.

Dungy seems to be an outstanding guy in every sense of the word and in every aspect of his life. The one area that may not strike me as being outstanding was his being a parent, and that one he might actually agree with me. That isn't to say that he didn't do his best with the job that he chose to make his family life work out as best as possible.

His Christian witness is inspiring and wide reaching. I wish he had gone into more detail about his faith, but I plan on reading his next book, *Uncommon*, and perhaps he will dive into that topic a bit more.

I had not known that Dungy lost a son to suicide. That came as a shock to me and it almost made me feel guilty for despising his team. His treatment of his son's suicide may seem brief and almost superficial, but the fact that he talks about it at all is amazing considering that he didn't want to write about his family much at all (as stated in the introduction to the book). He has been able to touch a lot of lives because of that tragedy and all for the better.

I would recommend this book to just about anyone. It is an easy read (a slow reader like me finished it in about a week's worth of reading) and won't dazzle you with style, but I think it is worth the time to find out how one man lived his life in the NFL.

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### **Aaron Cochrell says**

As a coach and business manager, I really enjoyed this book. I felt like it validated and helped me keep my perspective on a lot of items as a leader. I appreciated Tony's approach of not being in your face with biblical "Fire and Brimstone". I felt he conveyed his message and approach to all audiences, whether Christianity is a part of your life, or not, or becoming a part of it. Tony is able to relate how he came to set his protocols, stick to his game plan and execute to a high level of success in an unconventional way in this results driven world.

