Praise for the Revised 2013 Edition of The Quality of Effort

“As a former college athlete and longtime leader of high-performance military units, I recommend Reggie Marra’s work with unbridled enthusiasm…. Following this comprehensive approach to training will not only produce better athletes, but also happier and healthier citizens as our youth grow and take their place in the world.”
- Fred Krawchuk, Retired U.S. Special Forces Colonel and RAND Consultant

“….Reggie Marra offers a blueprint that encourages our children to become not only better athletes but better people. He delivers a powerful message filled with humanity and honest answers to questions that we sometimes think but may not want to ask.”
- Anthony Perrone, VP, Challenger Division, Cortland American Little League

“The Quality of Effort has helped me reinterpret my career as a professional athlete—providing both relief and direction….Reggie Marra offers a map to tomorrow’s competitive edge, a map that requires effort—not necessarily in doing more drills or pushups, but in taking responsibility for all aspects of your approach to life.”
- Ryan Leech, Professional Mountain Biker (Retired) and Professional Integral Coach™ | http://ryanleech.com

“….Sports can and does play an instrumental role in the healthy unfolding of a human life. If we take advantage of Reggie’s frame of understanding—highlighting the role of effort, in relationship to talent and results, as an equally important consideration in our definition of success—we have a grand opportunity from which we can chart a significantly improved learning and developmental pathway for generations of student-athletes to come.”
- Cherie Beck, Cultural Technologist | http://about.me/CherlynnGrace

“The Quality of Effort is a profound embrace of Emerson’s reminder that ‘Life is a journey, not a destination’…. The book is an incredibly personal gift from Reggie to the reader, written through and with his bountiful, open heart.”
- Tom Rubens, Founder, The Accountability Factor | http://theaccountabilityfactor.com

“The Quality of Effort is an incredibly insightful guide for how to bring integrity and passion into sport as well as into life. Mr. Marra takes a truly integrated approach to the role of sport in life and along the way lays out what is necessary to get the most out of being an athlete—at any level. An added bonus here is that he is a brilliant and witty storyteller who clearly speaks from the heart.”

REGGIE MARRA is an Integral Coach,™ poet, author and educator. He coached high school basketball for 13 years and ran his first and only sub-5-minute mile when he was 31. You can find out more about his work at http://reggiemarra.com.

From the Heart Press, an imprint of Integral Journeys for Pilgrims, Poets, Fools and Saints

ISBN: 978-0-9627828-3-1