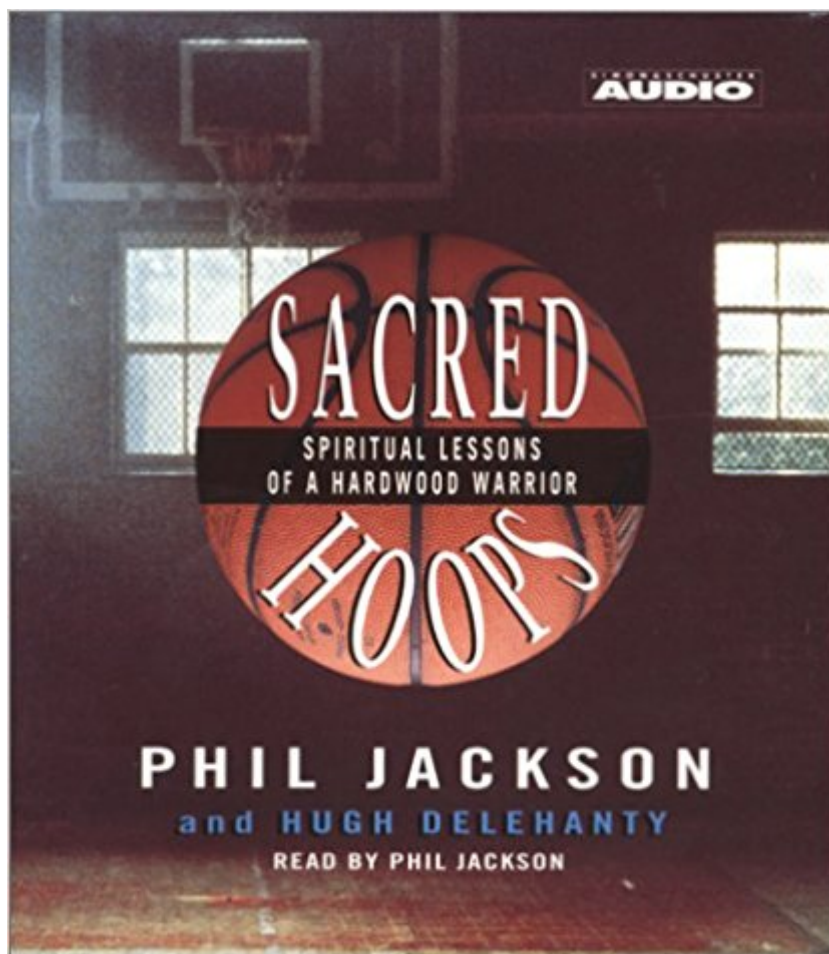


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# Sacred Hoops: Spiritual Lessons Of A Hardwood Warrior



## Synopsis

Spiritual Lessons of a Hardwood Warrior "Not only is there more to life than basketball, there's a lot more to basketball than basketball." -- Phil Jackson One of the most successful coaches in NBA history, Phil Jackson provides an inside look at the higher wisdom of teamwork with Sacred Hoops -- Jackson's philosophy of mindful basketball and his life-long quest to bring enlightenment to the competitive world of professional sports. A new paradigm of leadership based on Eastern and Native American principles, Jackson's approach flies in the face of the egoistic, winner-take-all attitude that has changed the face of American sports. Rather than winning through intimidation, Jackson -- who describes himself as a Zen Christian -- stresses awareness, compassion and most of all selfless team play. Filled with stories about Michael Jordan, Scottie Pippen, Toni Kukoc and other members of the Bulls, Sacred Hoops reveals how Jackson directs his players to act with a clear mind; to respect the enemy and be aggressive without anger or violence; to live in the moment and stay calmly focused in the midst of chaos, so that the "me" becomes the servant of the "we." In Sacred Hoops, Jackson takes us inside the mind of the thinking man's coach as he builds one of the greatest teams of all time. Not just for sports fans, this inspiring memoir is for anyone interested in the potential of the human spirit.

## Book Information

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## Customer Reviews

An inside look at the higher wisdom of teamwork from Chicago Bulls' head coach Phil Jackson. At the heart of the book is Jackson's philosophy of mindful basketball -- and his lifelong quest to bring enlightenment to the competitive world of professional sports, beginning with a focus on selfless

team play rather than "winning through intimidation". Sacred Hoops is not just for sports fans, but for anyone interested in the potential of the human spirit. --This text refers to an out of print or unavailable edition of this title.

Considered a maverick for his unorthodox coaching methods, Jackson demonstrates how he adapts the precepts of Zen Buddhism, the ways of the Lakota Sioux, and other alternative styles to the task of coaching the National Basketball Association's Chicago Bulls. They range from group meditation sessions, to hanging Lakota warrior items on the locker room shelf, to splicing segments of the movie Wizard of Oz into game films to make a point. Perhaps of greater interest to fans are his reactions to the return of Michael Jordan, following Jordan's retirement, and his take on an incident in which one of his players refused to reenter a playoff game during its final moments. Chicago Bulls fans, in particular, should take interest in this inside view. For regional and large public libraries. William H. Hoffman, Ft. Myers-Lee Cty. P.L., Fla. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

As a youth basketball coach, former high school basketball player, and as a person who had his own personal transformation with mindfulness as a tool, this book was a fascinating read! It was interesting to see practical mindfulness incorporated into Phil's NBA career as a player and then as a coach. He disclosed his own vulnerabilities and imperfections while weaving a wonderful story of mindful moments on and off the court with some of the greatest basketball players of all time. The technique of mindful coaching stands in stark contrast to the win at any cost culture that we now see with more emphasis on the me rather than we mentality. Proof that compassion does have a place on the basketball court and there is great value in being a spiritual warrior on the court which leads to success.

I read Sacred Hoops from the perspective of a sports coach, though not one involved in basketball. I'm not really a fan of the sport, so my interest and motivation was totally on the coaching aspects of the book. There are basically four elements to Sacred Hoops. One is Jackson's personal road to philosophical development. I've read quite a bit on Zen and other schools of thought, so I found his perspective in that regard interesting. Another is a discussion of how Phil developed as a coach. I think those sorts of things are worthwhile for any coach generally speaking, because they can be sources of inspiration and motivation. The third is a history of the Chicago Bulls teams up to the point of the book's writing. That bit I could care less about. Interwoven in that history, though, is the fourth

element, which is how Jackson - at least in his own mind - dealt with a variety of different coaching challenges along the way. The level of athlete may be considerably different from the ones most of us have to work with, but many of the issues Phil brings up have parallels at all levels and in all sports. I'm not going to say *Sacred Hoops* was some kind of major "Wow!" read for me. There weren't any parts which forced me to rethink things in my own coaching in a serious fashion. Perhaps that's at least partly because I'd already read about some of the philosophical stuff seemingly at the core of Jackson's way of thinking, so there weren't a lot of new ideas in that vein. Still, I thought it was a useful read from the perspective of offering up a different set of ways to look at things that could be filed away for potential future use or reference. For that reason I do recommend it coaches. Content aside, it's a convenient read as it comprises a lot of short sections so you can read it in short bursts as I did.

This is a fabulous book. Our school is basketball crazy the way Texas schools adhere to football. We chose it for a "whole school read" and have kids reading willingly who would never have tackled a book except under dire duress. We have discussions about leadership, community, "we or me." There are quote walls in several rooms as kids are picking out inspirational sentences. The religious aspects, while pervasive, are such that students seem to be able to take what they want and leave the rest. Only a few have expressed discomfort with the spiritual talk in the book - and those are largely kids who are struggling with those very questions themselves. While I had geared myself for objections about the religious content, I had not expected language to be an issue. Be aware that there are a few (very few) "F-Bombs" in the book. This marks the difference between whether an adult is reading it or someone actively looking for "school appropriate language." Many of us had not noticed this language and many of the students had not noticed; we are that inured to profane language. But we can't require students to read a book that contains language they would be bounced for using in the halls. This is where *"Sacred Hoops"* lost that final star.

Have been a Bulls fan all my life and bought this book originally after it first came out. The reason for my interest to find out what Phil Jackson was all about. How could a coach deal with the dynamic personalities of Michael Jordan, Scottie Pippen and Dennis Rodman and keep that team on track to be NBA champions. Bought the book again through because it is very inciteful into the persona that is Phil Jackson. The only question that still remains is who has the bigger ego of all the Bulls Championship teams.

I have read this book twice since buying it a short time ago. It's quite readable and entertaining, not to say insightful. This is a book written in Phil's voice and reads something like a diary he would have kept. It gives some good biographical information on Phil, his years in school, as a player for the NY Knicks, as a beginning coach and how he came to combine his spiritual searches with basketball playing and coaching. Most of the examples given and stories told pertain to Phil's years as head coach of the Chicago Bulls. There are a number of references to books on Zen and Indian spirituality that have influenced his thinking. The only critique I would have is that the book's sense of time is rather fragmented and does not progress in a strictly linear fashion. There are references to events that occurred earlier and those to come later. So, I had to construct my own timeline to track the strict evolution of events--a minor chore--but it would have been helpful if the book had supplied this.

Bought this as a graduation gift for my nephew, on the recommendation of a young adult a few years farther along the road than he is. Both young men have found new ways of approaching the challenges of life, as they admire and respect Phil Jackson and the world he has moved in. My husband, too, found this book to be a worthwhile read, combining entertainment and provoked thoughts/wisdom.

I enjoyed reading about the Bulls' championship runs. This book is a good read for hoop fans, but I would not recommend it for those that are not interested in basketball.

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