



Lou Gehrig: Appreciation (Sports Virtues Book 1)

Fritz Knapp

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As part of the acclaimed Sports Virtues series, "Lou Gehrig: Appreciation" discusses the struggles and triumphs of Lou Gehrig's life. As with each story in the Sports Virtues series, this book assigns a virtue to a celebrated athlete or coach, and uses that person's story to help the reader achieve that virtue for him or herself.

What emerges after reading these stories is not only a greater understanding and appreciation of the virtues that these icons needed to get through life, but also an inspiration for the reader. Each story is followed by a small quotation from literature to amplify the meaning and application of the virtue, and each story is also followed by a series of study/review questions and other interactive activities to help the reader further understand the virtue and how to achieve it.

This book is for people of all ages, but it makes for the perfect gift from parents to children or from adult mentors to their students.

Other books in the Sports Virtues series include:

Lou Gehrig: Appreciation

Gale Sayers and Brian Piccolo: Compassion

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Pele: Devotion

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Mike Krzyzewski: Encouragement

Cal Ripken, Jr.: Endurance

Walter "Red" Barber: Fairness

Dennis Byrd: Faithfulness

Hank Aaron: Fearlessness

Amos Alonzo Stagg: Honesty

Eric Liddell: Humility

Arthur Ashe: Integrity

Bill Bradley: Intelligence

Jim Valvano: Joyfulness

Dan O'Brien & Dave Johnson: Kindness

Dean Smith: Loyalty

Harvey Penick: Modesty

Branch Rickey & Jackie Robinson: Nobility

Althea Gibson: Persistence

Clarence "Big House" Gaines, Sr.: Respectability

Joan Benoit Samuelson & Wilma Rudolph: Strength

Vince Lombardi: Toughness

Gertrude Ederle: Triumph

Ken Venturi: Trust

The 1980 Men's and 1998 Women's United States Olympic Hockey Teams: Unity

Eddie Robinson: Visionary

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