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#1 New York Times
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心灵鸡汤

运动迷

Chicken
Soup for the
SPORTS
FAN'S
Soul

With Stories By:

Bill Bradley

Bob Costas

Dan Fouts

Jack Kemp

Meadowlark Lemon

Jim Nantz

Rick Reilly

Pat Riley

Lesley Visser

Steve Young

101 Stories of Insight,
Inspiration and Laughter
from the World of Sports

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CHICKEN SOUP FOR THE SPORTS FAN'S SOUL

Jack Canfield Mark Victor Hansen
Mark & Chrissy Donnelly Jim Tunney

*101 Stories of Insight,
Inspiration and Laughter
from the World of Sports*



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*With gratitude, we dedicate
Chicken Soup for the Sports Fan's Soul
to Jim Murray (1919–1998)
who understood that sports were played—
and prayed about and reveled over and swallowed up—by
regular folks like you and me and Murray himself.*

*“I’ve never been unhappy in a ballpark,”
he said, and his writing reflected that joy and appreciation.
But he wrote about all sports, and from all viewpoints
—the press box, locker room, parking lot, sideline, mound,
goalpost, ring or rink. He won the Pulitzer Prize in 1990 for
commentary (there isn’t a category for sportswriting) and was
named National Sportswriter of the Year fourteen times by
the National Association of Sportswriters and Sportscasters,
twelve of them consecutively. These recognitions, and an
ardent following of sports fans worldwide, came to him
because Murray recognized that a person’s dreams, whether
ending in victory or loss, arise from the soul, and that’s
what he wrote about—the souls of the players and coaches
and owners and fans that make sports meaningful.
We miss you, Jim, and know that you are writing
compelling glimpses of the angels right now.*

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Introduction

When it comes to bringing out the best in the human spirit, there is nothing quite like sports. There is an intensity and a richness inherent in every sporting experience that amplifies our emotions and our connection with the moment and, indeed, with ourselves. We somehow feel more *there*, as if we are momentarily transported to a universe where the colors are more brilliant, the sounds more vibrant and pure, the emotions at once more powerful and poignant. On a very basic level that we seldom consider, it is how we wish we could feel all of the time. It is this transcendent quality of sports that inspired us to collaborate on *Chicken Soup for the Sports Fan's Soul*.

We compiled this book hoping to celebrate all that is good in the world of sports. From major leaguers to little leaguers, from hockey stars to figure skaters and from horse racing to the Iditarod, the stories in this book highlight the positive and transformative nature of sports. These stories will inspire you, provide you with insights into the game of life and leave you with a newfound appreciation for sports in general. This book is for anyone who has ever enjoyed watching or participating in any sport, from a professional athlete to a weekend warrior, from a soccer mom to the diehard sports fan who reads the sports section before the

rest of the paper.

Written by people who were transformed through their experience in sports, these stories celebrate sports as a metaphor for life in a unique and insightful kaleidoscope of experiences. Like how a champion thoroughbred winning the Triple Crown can teach us more about coming from the heart than a roomful of coaches; or how "The Greatest" showing humility at the right time and in the right dosage can profoundly make an old man's day; or how a cancer-ridden figure skater demonstrates the power of passion and determination in overcoming the most extreme of obstacles; or how one of the winningest coaches of all time reminds us that it is perspective and attention to the little things that makes a true champion; or how the simple constancy of season tickets shared over the years between a grandfather, a son and a grandson creates a family bond that lasts a lifetime.

Winding through these and other stories in the book is the common thread of sports as one of our most important and powerful teachers. When we open ourselves to it, sports teaches us to focus and stay the course, or to develop a new strategy and rededicate ourselves to a goal. It teaches us the importance of teamwork and reminds us that we must strive to give our individual all. It teaches us to be humble in victory and gracious in defeat. At its best, sports will build us up and it will wear us down; it will build character and teaches us to overcome adversity.

Most importantly, sports will be there for us like an old friend when we need to visit that other universe where the colors are brighter, the sounds are more vibrant and every moment is lived to the fullest.

Contents

Acknowledgments	VI
Introduction	XI

1. LOVE OF THE GAME

Roger Maris and Me <i>Andy Strasberg</i>	2
Stadium Nights <i>Bob Greene</i>	7
Thanks, Mom! <i>Steve Young</i>	11
If It Makes Him Happy <i>Roy Firestone</i>	13
A True Champion <i>Carole Yamaguchi as told to Anita Gogno</i>	15
Mister D's Boys <i>William G. Tapply</i>	17
What Sports Is All About <i>William Wilczewski</i>	21
You Were Great, Dad <i>Barney Cohen</i>	24
A Twenty-Four-Karat Friendship <i>David Wallechinsky</i>	30
Reach for the Stars <i>Brian Holloway</i>	32

2. DEFINING MOMENTS

I Will Be There for You <i>Zoe Koplowitz with Mike Celizic</i>	37
The Magic Bat <i>David Meanor</i>	42

I CONTENTS

Sofa Soccer	<i>Dave Barry</i>	47
Whatever Works	<i>Grady Jim Robinson</i>	50
The Winner	<i>Sharon Jaynes</i>	54
The Great Potato Pickoff Play	<i>Mark Bowden</i>	58
Fair Play	<i>Ed Marion</i>	65
The Price of a Dream	<i>Ricky C. Hunley</i>	67
Living to Ride	<i>Dave Kindred</i>	69
A Championship from the Sky	<i>Jeff Kidd</i>	73
When Baseball Grew Up	<i>Donald Honig</i>	78

3. HIGHLIGHTS AT ELEVEN

Across Home Plate	<i>Sharon Landeen</i>	86
Truly a Baseball Immortal	<i>Craig Neff</i>	89
Joe DiMaggio Made My Day	<i>Walter W. Laos, D. D. S.</i>	95
Give Me a Break!	<i>Gene Doherty</i>	99
Nowhere Else to Go	<i>Jim Nantz</i>	100
He's Gonna Do What?	<i>Jim Tunney</i>	104
The Ultimate Passport	<i>Lesley Visser</i>	107
The Champion	<i>Paul Winick, M. D.</i>	109
Chicken Soup to the Rescue	<i>Bernie Kish</i>	112
She Dares to Race the Iditarod	<i>Susan Butcher</i>	115

4. ON TEAMS AND SPORTSMANSHIP

Once a Cougar	<i>Tim Palesky</i>	124
The Day Lisa Lost	<i>Michael T. Powers</i>	128
Phil Esposito's Wild Ride	<i>Brian McFarlane</i>	131
It's How You Play the Game	<i>Larry Baltz</i>	133
Making a Point	<i>J. Michael Key</i>	137
One Morning in May	<i>Ellen E. Hyatt</i>	140
When Silence Is Golden	<i>Joey Crawford</i>	144
Let's Keep a Date	<i>Mark H. McCormack</i>	146

Teammates Are for Life	<i>Jim Brown</i>	147
What Goes Around Comes Around	<i>Dan Clark</i>	149

5. INSIDE THE GAME

My Life in Pro Ball	<i>Bill Bradley</i>	153
A Chance to Say Thank You	<i>Bart Starr</i>	160
The Good Side of Fear	<i>Joe Theismann</i>	162
Playing the Cart Man	<i>Lee Trevino as told to Charlie Jones</i>	163
Crucial Simplicity	<i>Dan Fouts as told to Charlie Jones</i>	165
I Did Not Know That	<i>Chris Myers</i>	167
When Your Back Is Against the Wall	<i>Pat Riley</i>	169
An Important Phone Call	<i>M.G. Misanelli</i>	173
The Concession Stand	<i>Ernie Witham</i>	174
Steal What?	<i>Cary McMahon</i>	179
A Classy Guy	<i>Jim Tunney</i>	180
Unforgettable Jim Valvano	<i>Dick Vitale</i>	182

6. OVERCOMING OBSTACLES

Advantage: Courage	<i>Monica Seles with Nancy Ann Richardson</i>	188
You Make the Difference	<i>Jack Hannah</i>	196
Lyle's Second Go	<i>Tom Flores</i>	201
Race for Love	<i>Judge Keith J. Leenhouts</i>	203
A Perfect Skate	<i>Nancy E. Myer</i>	208
The Greatest Baseball Story Ever	<i>Mack R. Douglas</i>	211
A Simple Kindness	<i>John Gross</i>	213
Albino Power	<i>John A. Walsh</i>	216
Heart of Gold	<i>Chris Tamborini</i>	218
The Kid Who Would Be Coach	<i>Jim Tunney</i>	220
Rules of the Game	<i>Laura Ishler</i>	224

IV CONTENTS

Bad Hop	<i>Steve Smith</i>	227
---------	--------------------	-----

7. FAMILY DAY

Best Seats in the House	<i>Barney Cohen</i>	232
She Made a Memory	<i>Gary D'Amato</i>	238
My Son, My Enemy	<i>Leonard Pitts Jr.</i>	242
Baseball Fever	<i>Ken Swarner</i>	246
Encouraging Words	<i>Barbara Johnson</i>	250
A Lesson in Love	<i>William Plummer</i>	252
Two Dimes	<i>The Christian Athlete</i>	256
We Walked off the Field Together	<i>Darlene Daniels</i>	
<i>Eisenhuth</i>		257
My Favorite Baseball Card	<i>Scott Nicholson</i>	260
Play Catch with Me, Dad	<i>Tom Krause</i>	263
I'll Get Another One	<i>David Wallechinsky</i>	264
Everything Counts	<i>Scott Adamson</i>	265

8. WISDOM OF THE GAME

The Wizard of Westwood	<i>Terry Paulson, Ph. D.</i>	270
There Should Be No Grimness	<i>Rafer Johnson</i>	273
The All-Leather, NFL Regulation, 1963 Chicago		
Bears-Inscribed Football	<i>Tom Payne</i>	277
A Parent Talks to a Child Before the First Game		
<i>Steve Jamison</i>		279
Strike Out or Home Run?	<i>Harriet May Savitz</i>	282
A Letter to a Coach	<i>Anita Gogno</i>	285
The Inspiration of the Football Huddle	<i>Jack Kemp</i>	287
The Cure for Disappointment	<i>Clay Larson</i>	291
The \$ 50,000 Baseball Cards	<i>Thomas Boswell</i>	293
Can I have Your Autograph?	<i>Roger Angell</i>	299

50 Ways to Get the Most Out of Sports	
<i>Mark and Chrissy Donnelly</i>	302
We Remember Lombardi <i>Jerry Kramer</i>	305

9. ROAR OF THE CROWD

The Perfect Day <i>Phillip M. Hoose</i>	311
Now! <i>Brian D. Biro</i>	316
The Day the Goal Was Scored <i>Paul Henderson and Mike</i> <i>Leonetti</i>	321
Nixon, Arizona <i>Bonita Laettner</i>	326
Give the Kid the Ball! <i>John J. Healey</i>	329
Secretariat <i>William Nack</i>	332
Beyond Race <i>Meadowlark Lemon</i>	336
Heart of a Champion <i>Patrick L. Busteed</i>	339
Knowing the Score <i>Tommy Ehrbar</i>	343
A Cowboy's Last Chance <i>Dirk Johnson</i>	348
A Fragile Hero <i>Bob Costas</i>	353
Funny You Should Ask <i>Rick Reilly</i>	359

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LOVE OF THE GAME

Sports is life with the volume turned up.

Barry Mano

Roger Maris and Me

I grew up in the shadow of Yankee Stadium, and just fell in love with baseball.

When Roger Maris came to the New York Yankees from the Kansas City Athletics in 1960, I was eleven. I had been burned in a fire in August, so I was laid up for a while and followed baseball even more closely. I remember a headline that said Roger Maris “rejuvenates” the Yankees. I had never heard the word before, but it made me think this Roger Maris was someone special.

For me, there was something about the way he swung the bat, the way he played right field and the way he looked. I had an idol. In 1961 the entire country was wrapped up in the home-run race between Maris and Mickey Mantle and Babe Ruth’s ghost. I cut out every single article on Roger and told myself that when I got older and could afford it, I would have my scrapbooks professionally bound. (Eight years ago I had all of them bound into eleven volumes.)

I usually sat in section 31, row 162-A, seat 1 in Yankee Stadium. Right field. I would buy a general admission ticket, but I knew the policeman, so I would switch over to the reserved seats, and that one was frequently empty. I’d get to the stadium about two hours before it opened. I would see Roger park his car, and I would say hello and tell him what a