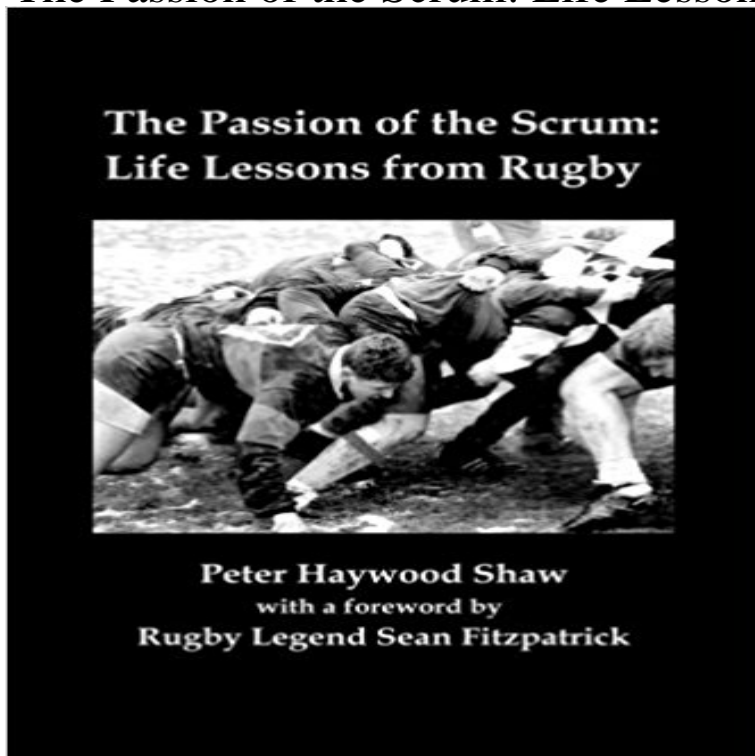


The Passion of the Scrum: Life Lessons from Rugby



Legend has it rugby football was invented in 1823 when one student at the Rugby School in England picked up the ball during a soccer match and ran with it. From this mythical beginning grew a sport that has spread worldwide and has a fanatical following not just because of the action and physicality. From this sport one can derive essential lessons that can guide you to be the best person you can be whether you are an old boy who played in prehistoric times or never picked up a ball and never will. The author uses his experience as a rugby player and obsessed fan to share the principles he has learned from the sport that when internalized are the keys to leading an honorable, productive and meaningful life. If that's too heavy and new age for you, then just read this book for the rugby anecdotes. They are funny if the author does say so himself, and all true. The best part about this book is that all money earned from its sale goes to supporting a non-profit mentoring program for at-risk urban youth run by a rugby club. How's that for meaningful?

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