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Toughness: Developing True Strength On and Off the Court. ... Bilas learned the true meaning of toughness from coaches, teammates, and colleagues. Now, in Toughness, he examines this misunderstood—yet vital—attribute and how it contributes to winning in sports and in life.

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An excerpt from Jay Bilas' "Toughness: Developing True Strength On and Off the Court" TOUGHNESS. March 7, 2013, 11:41 AM UTC. By Morning staff. Whatever toughness I have been able to muster as an ...

An excerpt from Jay Bilas' "Toughness: Developing True ...

Toughness: Developing True Strength On and Off the Court. Jay Bilas, Coach K. Shop Now. More Readouts in Lifestyle. SELECTION FROM The Principles of Knitting June Hemmons Hiatt. Casting off is the process by which the stitches are taken off the needle in a secure manner so they will not unravel.

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