

Greg Maddux

What Makes an Elite Pitcher? Warren N. Wilbert 2010-07-27 Elite baseball pitchers are elite for a reason. They seem to have it all: a variety of pitches that no one can lay a bat to; cool heads and confidence in their "stuff" when they get in a jam; and the kind of dexterity that makes difficult plays seem easy. Is elite status revealed through statistics? Though the author of this book considers statistics of both the traditional and sabermetric sort, he argues that the greats are proved not by broad statistical comparison with all other pitchers, but by their record against one another. In a thoughtful discussion of the evidence of head-to-head matchups, he finds the nine pitchers who make up the true elite: Cy Young, Christy Mathewson, Walter Johnson, Grover Alexander, Lefty Grove, Warren Spahn, Tom Seaver, Roger Clemens, and Greg Maddux. For each pitcher the book provides biographical information, career highlights, and a list of the feats that put him in the record books.

The Louisville Slugger Complete Book of Pitching Doug Myers 2000-04-22 Analyzes the methods of stars such as Nolan Ryan, Greg Maddux, and Tom Seaver.

Ninety Percent Mental Bob Tewksbury 2018-03-20 Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball. In *Ninety Percent Mental*, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill). With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan who wants to see the game in a way he or she has never seen it before. *Ninety Percent Mental* will deliver an unprecedented look at the mound games and mind games of Major League Baseball.

Greg Maddux Childrens Press Staff 1995-03-01

[American History through American Sports \[3 volumes\]](#) Bob Batchelor 2012-12-18 Filled with insightful analysis and compelling arguments, this book considers the influence of sports on popular culture and spotlights the fascinating ways in which sports culture and American culture intersect. This collection blends historical and popular culture perspectives in its analysis of the development of sports and sports figures throughout American history. *American History through American Sports: From Colonial Lacrosse to Extreme Sports* is unique in that it focuses on how each sport has transformed and influenced society at large, demonstrating how sports and popular culture are intrinsically entwined and the ways they both reflect larger societal transformations. The essays in the book are wide-ranging, covering topics of interest for sports fans who enjoy the NFL and NASCAR as well as those who like tennis and watching the Olympics. Many topics feature information about specific sports icons and favorite heroes. Additionally, many of the topics' treatments prompt engagement by purposely challenging the reader to either agree or disagree with the author's analysis.

Bleachers Lonnie Wheeler 1988

K: A History of Baseball in Ten Pitches Tyler Kepner 2020-03-03 NATIONAL BESTSELLER • From The New York Times baseball columnist, an enchanting, enthralling history of the national pastime as told through the craft of pitching, based on years of archival research and interviews with more than three hundred

people from Hall of Famers to the stars of today. The baseball is an amazing plaything. We can grip it and hold it so many different ways, and even the slightest calibration can turn an ordinary pitch into a weapon to thwart the greatest hitters in the world. Each pitch has its own history, evolving through the decades as the masters pass it down to the next generation. From the earliest days of the game, when Candy Cummings dreamed up the curveball while flinging clamshells on a Brooklyn beach, pitchers have never stopped innovating. In *K: A History of Baseball in Ten Pitches*, Tyler Kepner traces the colorful stories and fascinating folklore behind the ten major pitches. Each chapter highlights a different pitch, from the blazing fastball to the fluttering knuckleball to the slippery spitball. Infusing every page with infectious passion for the game, Kepner brings readers inside the minds of combatants sixty feet, six inches apart. Filled with priceless insights from many of the best pitchers in baseball history—from Bob Gibson, Steve Carlton, and Nolan Ryan to Greg Maddux, Mariano Rivera, and Clayton Kershaw--*K* will be the definitive book on pitching and join such works as *The Glory of Their Times* and *Moneyball* as a classic of the genre.

Sports Great Greg Maddux Stew Thornley 1997 Star pitcher for the World Champion Atlanta Braves, Greg Maddux is also the first man to win the Cy Young Award four years in a row. Greg Maddux, who has achieved almost every individual goal a pitcher can have, has led the major leagues with the most victories, starts, complete games, and innings pitched.

[Greg Maddux * Cal Ripken, Jr.](#) Richard J. Brenner 1996-01-01 A dual biography of two of baseball's superstars - four-time Cy Young award-winning pitcher Greg Maddux and phenomenal shortstop and two-time American League MVP Cal Ripken, Jr.

The Neyer/James Guide to Pitchers Bill James 2008-06-16 Preeminent baseball analyst Bill James and ESPN.com baseball columnist Rob Neyer compile information on pitches and their origins, nearly two thousand pitchers, and more in this comprehensive guide. Pitchers, the pitches they throw, and how they throw them—they're the stuff of constant scrutiny, but there's never been anything like a comprehensive source for such information...until now. Bill James and Rob Neyer spent over a decade compiling the centerpiece of this book, the Pitcher Census, which lists specific information for nearly two thousand pitchers, ranging throughout the history of professional baseball. Their guide also includes a dictionary describing virtually every known pitch, biographies of great pitchers who have been overlooked, and top ten lists for fastballs, spitballs, and everything in between. James and Neyer also weigh in on the debate over pitcher abuse and durability, offer a formula for predicting the Cy Young Award winner, and reveal James's Pitcher Codes. Learn about the origins and development of baseball's most important pitches and more knuckleballers and submariners than you ever thought existed! Baseball's action always starts with the pitchers. Begin to understand them and join in on entertaining debates while having a great deal of fun with the history of the game that captivates so many with this one-of-a-kind guide.

[Macho Row](#) William C. Kashatus 2019-04-01 Colorful, shaggy, and unkempt, misfits and outlaws, the 1993 Phillies played hard and partied hard. Led by Darren Daulton, John Kruk, Lenny Dykstra, and Mitch Williams, it was a team the fans loved and continue to love today. Focusing on six key members of the team, *Macho Row* follows the remarkable season with an up-close look at the players' lives, the team's triumphs and failures, and what made this group so unique and so successful. With a throwback mentality, the team adhered to baseball's Code. Designed to preserve the moral fabric of the game, the Code's unwritten rules formed the bedrock of this diehard team whose players paid homage and respect to the game at all times. Trusting one another and avoiding any notions of superstardom, they consistently rubbed the opposition the wrong way and didn't care. William C. Kashatus pulls back the covers on this old-school band of brothers, depicting the highs and lows and their brash style while also digging into the suspected steroid use of players on the team. *Macho Row* is a story of winning and losing, success and failure, and the emotional highs and lows that accompany them.

The Team by Team Encyclopedia of Major League Baseball Dennis Purdy 2006-01-01 Looks at the history of every existing major league baseball team and provides a variety of team and player statistics.

Pitch Like a Pro Leo Mazzone 1999-03-15 Discusses how to develop arm strength and endurance, perfect new pitches, maintain control of the plate, pitch strategically, and field one's position

Greg Maddux Ted Cox 1995-09 The life and career of three time Cy Young award recipient, Greg Maddux.
Bigger Than the Game Dirk Hayhurst 2014 A former major league pitcher discusses a devastating injury that changed that way he looked at life. Original.

Out of My League Dirk Hayhurst 2013-03 A humorous, candid and insightful memoir of Hayhurst's rookie season in the majors. . .Grade: Home Run. --Cleveland Plain Dealer After six years in the minors, pitcher Dirk Hayhurst hopes 2008 is the year he breaks into the big leagues. But every time Dirk looks up, the bases are loaded with challenges--a wedding balancing on a blind hope, a family in chaos, and paychecks that beg Dirk to answer, "How long can I afford to keep doing this?" Then it finally happens--Dirk gets called up to the Majors, to play for the San Diego Padres. A dream comes true when he takes the mound against the San Francisco Giants, kicking off forty insane days and nights in the Bigs. Like the classic games of baseball's history, Out of My League entertains from the first pitch to the last out, capturing the gritty realities of playing on the big stage, the comedy and camaraderie in the dugouts and locker rooms, and the hard-fought, personal journeys that drive our love of America's favorite pastime. "A rare gem of a baseball book." --Tom Verducci, Sports Illustrated "A fun read. . .This book shows why baseball is so often used as a metaphor for life." --Keith Olbermann "Entertaining and engaging. . .reminiscent of Jim Bouton's Ball Four." --Booklist "Observant, insightful, human, and hilarious." --Bob Costas

Greg Maddux Matt Christopher 2009 A biography of the Atlanta Braves' pitcher who has won the Cy Young Award four times and was named baseball's Player of the Year in 1995.

Year of the Pitcher Sridhar Pappu 2017-10-03 The story of the remarkable 1968 baseball season. "Seldom does an era, and do sports personalities, come alive so vividly, and so unforgettably." —The Boston Globe In 1968, two remarkable pitchers would dominate the game as well as the broadsheets. One was black, the other white. Bob Gibson, together with the St. Louis Cardinals, embodied an entire generation's hope for integration at a heated moment in American history. Denny McLain, his adversary, was a crass self-promoter who eschewed the team charter and his Detroit Tigers teammates to zip cross-country in his own plane. For one season, the nation watched as these two men and their teams swept their respective league championships to meet at the World Series. Gibson set a major league record that year with a 1.12 ERA. McLain won more than 30 games in 1968, a feat not achieved since 1934 and untouched since. Together, the two have come to stand as iconic symbols, giving the fans "The Year of the Pitcher" and changing the game. Evoking a nostalgic season and its incredible characters, this is the story of one of the great rivalries in sports and an indelible portrait of the national pastime during a turbulent year—and the two men who electrified fans from all walks of life. "Explores so much more than the battle between two pitchers and their teams . . . A fine history of a vital period in the history of not only baseball, but America." —Kirkus Reviews "A compelling tale of all that America was in the turbulent year of 1968, told through a (mostly) baseball prism." —New York Post

Greg Maddux Matt Christopher 2009-12-19 Provides a fact-filled biography of Greg Maddux, covering the baseball superstar's life as a pitcher, his character as a player, and the special achievements of his career, such as winning four Cy Young Awards and six Gold Glove Awards.

Greg Maddux Norman Lee Macht 1997 A biography of baseball legend Greg Maddux.

Ballplayer Chipper Jones 2018-04-03 Atlanta Braves third baseman and National Hall of Famer Chipper Jones—one of the greatest switch-hitters in baseball history—shares his remarkable story, while capturing the magic nostalgia that sets baseball apart from every other sport. Before Chipper Jones became an eight-time All-Star who amassed Hall of Fame-worthy statistics during a nineteen-year career with the Atlanta Braves, he was just a country kid from small town Pierson, Florida. A kid who grew up playing baseball in the backyard with his dad dreaming that one day he'd be a major league ballplayer. With his trademark candor and astonishing recall, Chipper Jones tells the story of his rise to the MLB ranks and what it took to stay with one organization his entire career in an era of booming free agency. His journey begins with learning the art of switch-hitting and takes off after the Braves make him the number one overall pick in the 1990 draft, setting him on course to become the linchpin of their lineup at the height of their fourteen-straight division-title run. Ballplayer takes readers into the clubhouse of the Braves' extraordinary dynasty,

from the climax of the World Series championship in 1995 to the last-gasp division win by the 2005 "Baby Braves"; all the while sharing pitch-by-pitch dissections of clashes at the plate with some of the all-time great starters, such as Clemens and Johnson, as well as closers such as Wagner and Papelbon. He delves into his relationships with Bobby Cox and his famous Braves brothers—Maddux, Glavine, and Smoltz, among them—and opponents from Cal Ripken Jr. to Barry Bonds. The National League MVP also opens up about his overnight rise to superstardom and the personal pitfalls that came with fame; his spirited rivalry with the New York Mets; his reflections on baseball in the modern era—outrageous money, steroids, and all—and his special last season in 2012. Ballplayer immerses us in the best of baseball, as if we're sitting next to Chipper in the dugout on an endless spring day.

The 300 Club Dan Schlossberg 2010-05-15 The 300 Club is the most elite fraternity in baseball. Only 24 pitchers in the history of Major League Baseball have won 300 games in their careers. More players have hit 500 home runs. More players have amassed 3,000 hits. More pitchers have thrown no-hitters. But only 24 have experienced the satisfaction of having the "W" put on their scorecards 300 times. Featuring photos and other images from the National Baseball Hall of Fame, The 300 Club-Have We Seen the Last of Baseball's 300-Game Winners?-takes its place among the must-read books in baseball history! Book jacket.

The SABR Baseball List & Record Book Society for American Baseball Research 2007-03-20 From the authority on baseball research and statistics comes a vast and fascinating compendium of unique baseball lists and records. The SABR Baseball List & Record Book is an expansive collection of pitching, hitting, fielding, home run, team, and rookie records not available online or in any other book. This is a treasure trove of baseball history for statistically minded baseball fans that's also packed with intriguing marginalia. For instance, on July 25, 1967, Chicago's Ken Berry ended Game Two of a doubleheader against Cleveland with a home run in the bottom of the sixteenth inning -- Chicago's second game-winning homer of the day. The comprehensive lists include Most Career Home Runs by Two Brothers (Tommy and Hank Aaron have 768), Most Seasons with 15 or More Wins (Cy Young and Greg Maddux each have 18), and Highest On Base Percentage in a Season by a Rookie (listing every rookie above .400). Unlike other record books that only list the record holders -- say, most RBI by a rookie, held by Ted Williams with 145 -- SABR details every rookie to reach 100 RBI. Other record books might note the last pitcher in each league to steal home; here SABR has included every pitcher to do it. The book also includes a number of idiosyncratic features, such as a rundown of every player who has hit a triple and then stolen home, or every reliever who has won two games in one day. Many of the lists include a comments column for key historical notes and entertaining trivia (Bob Horner hit four home runs in a 1986 game, but his team lost). This is a must-have for every fan's library. Edited by Lyle Spatz, Chairman of the Baseball Records Committee for SABR

The Baseball 100 Joe Posnanski 2021-09-28 NEW YORK TIMES BESTSELLER * Winner of the CASEY Award for Best Baseball Book of the Year "An instant sports classic." —New York Post * "Stellar." —The Wall Street Journal * "A true masterwork...880 pages of sheer baseball bliss." —BookPage (starred review) * "This is a remarkable achievement." —Publishers Weekly (starred review) A magnum opus from acclaimed baseball writer Joe Posnanski, The Baseball 100 is an audacious, singular, and masterly book that took a lifetime to write. The entire story of baseball rings through a countdown of the 100 greatest players in history, with a foreword by George Will. Longer than Moby-Dick and nearly as ambitious, The Baseball 100 is a one-of-a-kind work by award-winning sportswriter and lifelong student of the game Joe Posnanski. In the book's introduction, Pulitzer Prize-winning commentator George F. Will marvels, "Posnanski must already have lived more than two hundred years. How else could he have acquired such a stock of illuminating facts and entertaining stories about the rich history of this endlessly fascinating sport?" Baseball's legends come alive in these pages, which are not merely rankings but vibrant profiles of the game's all-time greats. Posnanski dives into the biographies of iconic Hall of Famers, unfairly forgotten All-Stars, talents of today, and more. He doesn't rely just on records and statistics—he lovingly retraces players' origins, illuminates their characters, and places their accomplishments in the context of baseball's past and present. Just how good a pitcher is Clayton Kershaw in the 21st-century game compared to Greg Maddux dueling with the juiced hitters of the nineties? How do the career and influence of Hank Aaron compare to Babe Ruth's? Which player in the top ten most deserves to be resurrected from history? No compendium of baseball's legendary geniuses could be complete without the players of the segregated

Negro Leagues, men whose extraordinary careers were largely overlooked by sportswriters at the time and unjustly lost to history. Posnanski writes about the efforts of former Negro Leaguers to restore sidelined Black athletes to their due honor and draws upon the deep troves of the Negro Leagues Baseball Museum and extensive interviews with the likes of Buck O'Neil to illuminate the accomplishments of players such as pitchers Satchel Paige and Smokey Joe Williams; outfielders Oscar Charleston, Monte Irvin, and Cool Papa Bell; first baseman Buck Leonard; shortstop Pop Lloyd; catcher Josh Gibson; and many, many more. The Baseball 100 treats readers to the whole rich pageant of baseball history in a single volume. Engrossing, surprising, and heartfelt, it is a magisterial tribute to the game of baseball and the stars who have played it. [Baseball's Greatest Players](#) David Shiner 2001

[Major League Baseball Awards](#)

On the Mound With-- Greg Maddux Matt Christopher 1997 A biography of the Atlanta Braves' pitcher who has won the Cy Young Award four times and was named baseball's Player of the Year in 1995.

Greg Maddux John Albert Torres 1997-09-01 A biography of the ace pitcher who won the Cy Young award four times and who currently plays for the Atlanta Braves.

Rawlings Gold Glove Award

When the Braves Ruled the Diamond Dan Schlossberg 2019-05-07 From 1991 through 2005, the Atlanta Braves did something no pro sports team can match, finishing in first place for fourteen consecutive seasons. During that stretch, the Braves paired powerful pitching with potent hitting that produced under pressure. Hall of Fame manager Bobby Cox won with veteran teams, young teams, slugging teams, and several times with teams that emphasized speed and defense. His teams captured on hundred wins in six different seasons. In *When the Braves Ruled the Diamond*, now newly updated to include a discussion of the team's latest Hall of Fame inductees, former AP sportswriter Dan Schlossberg covers the record-breaking era that transformed Atlanta from the Bad-News Braves to America's Team. With separate chapters on Cox, fabled pitching coach Leo Mazzone, and Hall of Fame pitchers Greg Maddux, Tom Glavine, and John Smoltz, this book also highlights the contributions of Andres Galarraga, Andruw Jones, Chipper Jones, Brian Jordan, Javy Lopez, Terry Pendleton, and many more Braves stars. It features year-by-year summaries, Opening Day lineups, and even oddball anecdotes that explain why the fourteen-year streak may never be duplicated. It is the perfect gift for fans of baseball history as well as fans of the Atlanta Braves! Skyhorse Publishing, as well as our Sports Publishing imprint, are proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. Whether you are a New York Yankees fan or hail from Red Sox nation; whether you are a die-hard Green Bay Packers or Dallas Cowboys fan; whether you root for the Kentucky Wildcats, Louisville Cardinals, UCLA Bruins, or Kansas Jayhawks; whether you route for the Boston Bruins, Toronto Maple Leafs, Montreal Canadiens, or Los Angeles Kings; we have a book for you. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Greg Maddux, Ace! John Albert Torres 1997 A biography of the ace pitcher who won the Cy Young award four times and who currently plays for the Atlanta Braves.

The Cy Young Catcher Doug Wedge 2015-03-30 During fifteen seasons in the major leagues, Charlie O'Brien was battery-mate to thirteen pitchers who won the Cy Young Award, presented each year by the Baseball Writers Association of America. To put that accomplishment in perspective, Hall of Fame catchers Johnny Bench and Yogi Berra each worked with only one Cy Young winner during their careers. Legendary hurlers caught by O'Brien include such greats as Roger Clemens, Dwight Gooden, Bret Saberhagen, and Steve Bedrosian. O'Brien's *The Cy Young Catcher*, written with Doug Wedge, includes up-close views of the thirteen Cy Young Award-winning pitchers at their best . . . and occasionally at their worst. O'Brien shares an inside perspective on how catchers talk to umpires, what it's like to be on the receiving end of a 90-mph fastball, and how it feels to be in a clutch situation when the World Series is on the line. This authentic, down-to-earth memoir will not only delight baseball fans of all stripes, it will also provide keen insights into what separates the game's greatest competitors from the also-rans.

On the Mound With... Greg Maddux Matt Christopher 1997 A biography of the Atlanta Braves' pitcher who

has won the Cy Young Award four times and was named baseball's Player of the Year in 1995.

Starting and Closing John Smoltz 2012-05-08 John Smoltz was one of the greatest Major League pitchers of the late twentieth / early twenty-first century—one of only two in baseball history ever to achieve twenty wins and fifty saves in single seasons—and now he shares the candid, no-holds-barred story of his life, his career, and the game he loves in *Starting and Closing*. A Cy Young Award-winner, future Baseball Hall of Famer, and currently a broadcaster for his former team, the Atlanta Braves, Smoltz delivers a powerful memoir with the kind of fascinating insight into game that made *Moneyball* a runaway bestseller, plus a heartfelt and truly inspiring faith and religious conviction, similar to what illuminates each page of Tim Tebow's smash hit memoir, *Through My Eyes*.

Right on the Numbers Nino Frostino 2004 The basic subject of the book is to justify which athlete was the Greatest to ever wear a particular number. In my research, I listed all of the possible uniform numbers 0 to 99, took the finest athletes from the four major sports (baseball, basketball, football, and hockey), and slotted them under their appropriate uniform number. For each player, I created a mini-biography detailing their finest exploits on the field—whether it was All Star nods, championships won, records held, on-field highlights etc. Basically, I created a "case" for that athlete to be considered the best to ever wear the number. Among the possible uniform numbers, I've listed nearly 850 athletes for consideration and provided the accompanying biography. At the end of each section, I form a debate as to the Greatest to ever wear the number and then make a selection. After the selection is posted, I then list some quotes made by or about the athlete for the reader to gain even more insight into the player. Even if the reader is not overly concerned about the choice as to the Greatest under each uniform number, the book also serves as a wonderful reference guide. If the reader is interested in finding out more about any of the listed athletes, it's easy to look up the player and find out who he played for and what he did between the white lines. In either case, *Right On the Numbers* serves multiple uses and is a must have for any true sports fan.

Greg Maddux Bill Gutman 1999 With emphasis on education, hard work, and sportsmanship, these biographies offer readers fascinating insights into the childhood, career, and personal life of some of their favorite athletes.

Inside Pitch Nick Cafardo 2016-06-01 One of the greatest pitchers of his generation, Tom Glavine delivered the defining moment of the Atlanta Braves' 1990s dynasty. Glavine took the Atlanta-Fulton County Stadium mound for Game 6 of the 1995 World Series and allowed just one hit as the Braves won 1-0 to clinch Atlanta's first, and only, World Series title. Glavine captured the World Series MVP trophy and the hearts of Braves fans forever. In *Inside Pitch*, the left-hander tells the story that led up to this moment of glory and countless others in a Hall of Fame career that spanned 22 seasons. Glavine provides an in-depth look at the Braves' glory years, including his friends and fellow Cy Young Award winners Greg Maddux and John Smoltz and manager Bobby Cox. Glavine also shares memories of teammates from Deion Sanders to Chipper Jones and of playing for owner Ted Turner. He also tells his own story from growing up in a working-class family, pushing himself to succeed and his decision to turn down a chance to play pro hockey, opting for baseball instead. He describes his 300th win, his election to baseball's Hall of Fame, and his later seasons with the New York Mets before returning to close out his career with the Braves. Fans of the Braves, and of baseball, will love Glavine's book. It is filled with all the drama and inspiration that make the game America's passion.

Greg Maddux Richard Rambeck 1996-09 A biography of the Atlanta Braves' pitcher who was named baseball's Player of the Year in 1995.

Mark McGwire in the Words of Tony La Russa, Lou Brock, Stan Musial, Willie McGee, Greg Maddux, Bob Costas Beckett Publishing 1998 Here's the story of Mark McGwire's incredible career and record-smashing 1998 season told in brilliant full-color glory through photographs and the words of the men who work, live and play with the future Hall of Famer. There are chapters from Tony La Russa, Lou Brock, Stan Musial, Greg Maddux, Bob Costas and others. Plus, a chapter by Tim Forneris, the Busch stadium grounds crew member who recovered McGwire's record-breaking 62nd home run. This one's out of the park!

The Mental ABCs of Pitching H.A. Dorfman 2017-03-01 Author H.A. Dorfman brings his years of expertise as instructor/counselor with the A's, Marlins, and Devil Rays to provide an easy-to-use, A-to-Z handbook which will give insight and instruction on how to pitch to peak performance at every level of the game.

Perfect for pitchers who need that extra edge or hitters who want to better understand the mental moves on the mound.

Greg Maddux

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