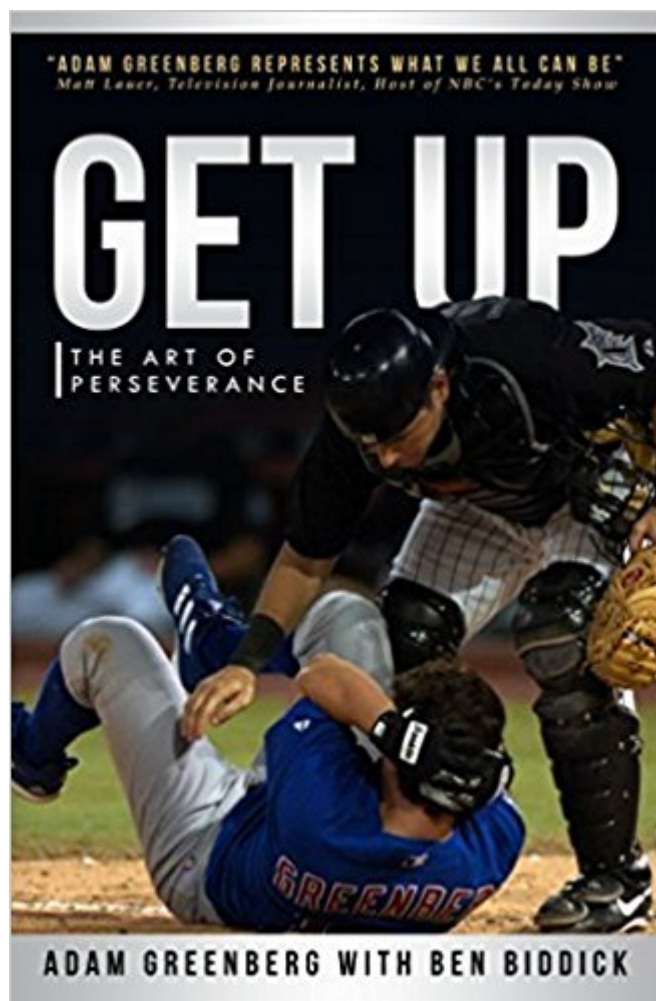


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# Get Up: The Art Of Perseverance



## Synopsis

On July 9th, 2005, Adam Greenberg stepped into the batter's box for his first major-league plate appearance with the Chicago Cubs. That moment was the culmination of his life's work and proudest achievement up to that point. No one suspected the triumph of that moment would be obliterated by a 92 mile-an-hour first-pitch fastball striking Adam just under his helmet on the back of his head. The first pitch of his major-league career threatened not only the future of his ability to play baseball, but life itself. Adam didn't know it at the time, but that pitch was a gift. What was both the greatest and worst split-second of his life sent him into an odyssey of struggle, pain, and confusion which forged him slowly into the man he is today. What he thought was the destroyer of his dream was actually the birth of a greater one. *Get Up | The Art of Perseverance* is not simply a baseball story or a story about a baseball player. This book is a beginning. No matter what you're doing or what you're facing, Adam offers his story of overcoming adversity and persevering through challenges in hopes of helping you relentlessly pursue your dream for your life. Exclusive Interviews: Matt Lauer - NBC's Today Show Host Peter Gammons - American Sportswriter and Baseball Analyst Dusty Baker - Manager for Washington Nationals David Sampson - President of MLB Miami Marlins Brad Ausmus - Manager for Detroit Tigers David Bell - Bench Coach for St. Louis Cardinals Steven G. Hearn - President and CEO of The Hearn Company Coach Mike Fox - UNC Tarheels Baseball Coach

## Book Information

Paperback: 195 pages

Publisher: Mackenzie Daniel (May 27, 2017)

Language: English

ISBN-10: 0998718300

ISBN-13: 978-0998718309

Product Dimensions: 5.2 x 0.5 x 8 inches

Shipping Weight: 10.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 15 customer reviews

Best Sellers Rank: #11,130 in Books (See Top 100 in Books) #40 in Books > Biographies & Memoirs > Sports & Outdoors #261 in Books > Sports & Outdoors #1448 in Books > Self-Help

## Customer Reviews

Adam Greenberg: If there s ever a person who epitomizes perseverance, it s Adam Greenberg,

famous for the one pitch that changed his life forever. A 92 mile-an-hour first-pitch fastball to the back of the head on his major league debut with the Chicago Cubs gave Adam the record for being one of only two players in history to have an official at-bat without ever taking the field. After seven years of continued hustle to get back, Adam signed a one-day contract with the Miami Marlins in 2012. He was inducted into the National Jewish Sports Hall of Fame in 2014. Adam is an All-State native of Connecticut and an All-American standout at the University of North Carolina at Chapel Hill. In 2010, he founded the health and wellness company Lurong Living, where he enjoys empowering others to gain control of their health through a line of dietary supplements and nationwide health challenges. As a proven dynamic leader, he also enjoys traveling the country sharing his story and keys to perseverance.

Ben Biddick: After attending the University of Wisconsin, Ben Biddick enlisted in the United States Army following the terror attacks of September 11, 2001. He served as a combat medic and military policeman in Iraq and performed Emergency Management operations for the State of Wisconsin. Following military service, Biddick served as a civilian law enforcement officer focused upon the prevention of domestic violence, the exploitation of children in the form of human trafficking, and criminal gang membership. He also served as a Crisis and Hostage Negotiator. He is an author, public speaker, and consultant who strives to transform the effects of trauma into power bases of positive change, recovery, and empowerment. As the owner of Ideal State Consulting LLC, he uses his Master's Degree in Performance Improvement and experiences to assist individuals and organizations to create a more just and noble America worthy of the honorable men and women who built it and continue to build it every day. --This text refers to an out of print or unavailable edition of this title.

Such an amazing story! I bought 5 more so I can give one to each of my children and nephews so they can have them forever! Teach them young to never quit and always "Get Up"

Awesome book. Not just for athletes but for everyone. Easy read could not put it down.

Heartwarming story.

I thought I knew all about this story already - hit in the head in Chicago then One at Bat in Miami - but wow, I honestly had no idea what Adam has been through in his life. I'm not only amazed at his dedication to the sport of baseball but his passion for life, business, and most of all, others. So glad I took the time to read. It reads like a Disney movie - so touching. Brought me to so many moments of

tears, joy and goosebumps. Adam, you are an amazing individual, your story is so powerful and I wish you nothing but the best.

This was the best biography/motivational book I have ever read. The book is laid out in chapters and then Adam writes an inspirational statement at the end of each chapter based upon what he has learned and how it can help the reader. It is a page turner and once I began, I could not put it down. There were parts that I did not want to turn the page, because I knew what was going to happen next, ultimately I did and was surprised at how Adam looks positively on his setbacks. I was so moved by the end of the book, that I had an ache in my chest from all the emotions it stirred in me. I was not sure of how I felt at the end until a statement on one of the last pages summed it up for me, "Embedded in all his suffering is a satisfying and electrifying why." I would highly recommend it to anyone! This is a must read.

Adam's story is very heartfelt and inspiring and what makes it even more special is that it is so much more than about his accomplishment in his quest to become a major league baseball player...but the story is a metaphor about life and "GET UP" means much more than a baseball story...it's about LIFE and how many times we "get knocked down" and do we have the strength, stamina, desire, dedication and love in our hearts to "get back up" and "take another shot"! Adam makes it clear to me that he knows how short life is and every day is a gift and a chance to make life better for himself and the people he cherishes. After reading Get Up I "passed it forward" to a friend of mine battling serious health issues. After reading this book...you can't help but be upbeat and in a good mood!

I couldn't put this book down until finished reading. Everything stopped except my thoughts this great book triggered. They have kept flowing. This is not so much a book about baseball, but the challenges, failures, interruptions, accidents, losses that happen along each person's journey. The message of this book is when we hit these times is "Get Up!" Yes things will be different, yes things will change, the challenge is to learn and to grow from each of these events and eventually overcome. Life goes on and so do you and I. What a great message for these times! Thanks Adam & Ben for putting this on our plate. Time for all of us to "Play Ball" and eventually become the best players in life that we can be!

Hard to believe the amount of adversity Adam endured throughout his career. You turn the page

and constantly feel yourself, in your head, cheering for him to overcome this challenge or that obstacle...to finally get to the baseball promised land (a place of incredible accomplishment, against many odds). Adam gets to that pinnacle, YES!, and you're so happy for him...and then boom--- knocked down and out (over and over again). You cant help but feel so deflated and dejected and you question: how can one guy take this? However, Adam's continued positive spirit and attitude lift you up throughout the book (and in life too) and you feel inspired and energized by his message as you finish the book. A great read by a great guy. Pick this up today.

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