



Coaching Confidential: Inside the Fraternity of NFL Coaches

Gary Myers

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A behind-the-scenes look at the high-pressure lives of NFL head coaches

Coaching Confidential chronicles a year in the life of an NFL head coach. But not just one head coach. A composite portrait is drawn through interviews with at least 20 current and former head coaches (including Super Bowl winners such as Bill Parcells, Tom Coughlin, Jimmy Johnson, Tony Dungy, Sean Payton, Mike Shanahan, Dick Vermeil, Mike Holmgren, Brian Billick, and Joe Gibbs), taking us through the professional and personal challenges of the job. This book covers the draft, free agency, big trades, training camp, family crisis, player troubles, coaching relationships with members of the staff, coach-owner dynamics, rivalries, Xs and Os, the playoffs--all the way to the Super Bowl.

Just getting to Sunday is almost a relief for NFL head coaches. It's during that three-hour window 16 days a year when they can simply concentrate on what they do best, which is trying to win football games. But the job is, of course, much more than that.

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