

A close-up portrait of Pat Summitt, a woman with short, wavy brown hair, looking slightly to the right with a serious expression. She is wearing a dark jacket. The background is dark and out of focus.

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1,000  
Victories,  
a Couple  
of Trailblazing  
Lives,  
and a  
Life in  
Perspective  
—

# Sum It Up

## Pat Summitt

with Sally Jenkins

Read by Sally Jenkins • An Unabridged Production

Pat Head Summitt

Sum It Up: A Thousand and Ninety-Eight Victories, a Couple of Irrelevant Losses, and a Life in Perspective



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She owes her coaching success to her personal struggles and triumphs. Pat Summitt was only 21 when she became head trainer of the Tennessee Vols women's basketball team. For 38 years, she has broken records, winning more games than any NCAA group in basketball history. She has coached an undefeated period, co-captained the first women's Olympic group, was inducted into the Basketball Hall of Fame, and has been named Sports Illustrated "Sportswoman of the entire year". Pat Summitt, the all-time winningest coach in NCAA basketball history and best-selling author of *Reach for the Summit and Improve the Roofing*, tells for the very first time her remarkable tale of success and resilience and also facing down her greatest challenge: early-onset Alzheimer's disease. Pat is still a fighter, facing this fresh challenge just how she's faced every other - with hard work, perseverance, and a feeling of humor. Despite her devastating diagnosis, she led the Vols to earn their 16th SEC championship in March 2012. She is a job model for the countless women she's coached; 74 of her players have grown to be coaches. Pat's lifestyle took a shocking submit 2011, when she was diagnosed with early-onset Alzheimer's disease, an irreversible mind condition that affects 5 million Us citizens. Motherhood taught her to stability that rigidity with communication and kindness. She learned to be hard from her stringent, demanding father.



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Highly recommend. I don't know any thing about basketball and really didn't know very much about Coach Summitt. Get a dog. How anybody person handles this "future" is usually up to them, but keeping it all inside is the worst possible response !. While Summit has coached women's basketball, I found her concepts on what it takes to become a champion to be directly motivating if you ask me in my work which has nothing to do with sports. I was also interested to learn about Summit's early lifestyle and how those experiences shaped who she became. Of course, this reserve is bittersweet because of Summit's diagnosis of early onset Alzheimer's, yet again Summit's is inspiring us by reminding us to handle and battle adversity as hard as you possibly can in addition to to treasure each minute. I would advise an extremely different approach to coping with Alzheimer's. I purchased this book to understand how Pat Summitt handled her disease of Alzheimers. My low ranking of Sum It Up has nothing to do with the basketball part of the book. I am your physician board qualified in Geriatrics. Read this one. Totally needless. Pat brought this plan in dealing with Alzheimer's. I gave CONCLUDE only two superstars because I believe her approach is the exact opposite just what a individual should do if they learn they will have Alzheimer's. Don't fight. Have a great time. Forget trying mental video games to boost your disease. Of course make an effort to exercise 150 a few minutes a week but it should be a nice walk, not strenuous weight lifting. Of course take Namzaric. Control blood glucose and blood pressure. and is very easy to read because it ties in flawlessly with the video games. In order to try to find a drug trial, I believe that is fine. Nevertheless, you cannot fight the right path out of Alzheimer's. An incredible story about an unbelievable person! In cancer it is possible to fight as people have been cured. Pat would go to her neurologist twice a month for mental assessment and blood work. I performed basketball and acquired the same commitment, never give up, and intense drive to win by fighting as hard as I possibly could. See the neurologist every four months to get a refill on your Namzaric. you are searching for an inspiring go through, this is it. Much better for you. Amazing women I'm a Vol fan and a Pat Summitt one as well. Enlightening for all . The fact that other schools exploited the problem by obtaining recruits to withdraw from UT because the famous trainer wasn't really training makes u sick. However, I downloaded this reserve onto my Kindle after reading rave reviews onto it in Amazon. This is a remarkable read of what produced her so challenging and how she among others recognized early onset dementia and how it progressed. I actually didn't want it to get rid of!! I purchased this book more on her behalf Alzheimer's Disease diagnosis compared to the Basketball, and it was very much worthy of the price and time to have an understanding of how someone with so much drive would encounter such a looming barrier. Get influenced. I screened plenty of patients for dementia. Basketball and Alzheimer's I've read other books approximately -and by- Pat Summit and really enjoyed them. This book is incredibly inspiring. Her image on the cover can be an ideal replica of her death stare and it units the tone of the publication. Many times I laughed aloud as Pat recounted a funny story from the past. The rest of the book covers her background and life from the fitness center; I also like low dosage statin. She not merely won video games - she was to females college sports applications as Rosa Parks was to folks of color. Each chapter includes, sometimes brief and occasionally longer, Alzheimer's situations, specifics and opportunities shown to anyone facing this unknown future. Pat Summit can be a remarkable women with an incredible career and a lot of courage and grit!!After going through the first group of tests fourteen days ago ----- I received my diagnosis of Alzheimer's disease TODAY at age 69. A Must Read for Females Basketball Fans I'm an enormous UConn Husky women's basketball enthusiast and also have never read some of Pat

Summitt's additional books. I did so for book club during national dementia month in which I served "good" human brain food. I loved every single page of this book. This is not only a book for Lady Vol supporters or Pat Summit enthusiasts. I picked up this book to become a better trainer in my own corporate job - small did I... it is a book for those who love women's college basketball. Pat's story is certainly inspiring and her trip follows the trip of women's college sports activities in so many ways. As a former university basketball player and current high school coach, I enjoyed learning even more about the girl behind that steely eyed stare. I always respected Pat as a coach - how could you not even in the event that you were rooting against her groups? But now I admire her so much more as a pioneer in women's basketball. Love me some Pat and basketball. I was also pleasantly surprised by the countless entertaining parts of the publication. The recruiting, teaching, disciplining, educating, maturing and - most significant - the united states NOT ME values she demanded of the players, are what made them the dominant group they were. I picked up this book to become a better coach in my own corporate job - small did I know how much I'd be inspired for more information about UT, Mentor Summitt and in addition learning even more about how I could use basketball to craft high executing agile teams. It is an excellent read! She probably has done more for the overall game than any coach in history and which will be her legacy even more than her numerous national championships. The publication was everything the visitors said it was and then some. I miss coach Pat Summitt. Five Stars arrived as ordered and advertised Among the best I've ever read Outstanding book about a superb woman. Some thought she was way too tough - but tough was how women sports activities programs didn't receive name 5 funding. Fantastic! ?? One of the best memoirs that I've ever read. I would recommend it to anyone who considers themselves a competitor. Read it in 2 days rather than wanted to put ... Read it in 2 days and never wished to put it down!! Right now this is a false hope and time ought to be spent socializing and having some alcohol. Her co-author Sally Jenkins includes a great present for bringing out interesting details offering the tale behind the story.. As a basketball junkie I very much appreciate the facts of training and playing in her very specific and passionate style. I bought Sum It Up as soon as it came out and all I can tell you is if I informed a bunch of friends that they needed to read this book. Extremely Inspiring!



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