



The Sportsman: Unexpected Lessons from an Around-the-World Sports Odyssey

Dhani Jones, Jonathan Grotenstein

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Dhani Jones had an unusually long career for a football player. In the middle of his 11 season NFL career, however, Dhani thought his playing days were over. Cut by the Eagles and the Saints, he was at a professional crossroads. When the Bengals called, though, he was more than ready and in the best shape of his life. And for that, he credits his off-season.

The Sportsman follows Dhani's discovery that the parts of his life that, to many, seemed to be distractions--including an off-season TV show that sent him around the world to learn and compete in other sports--actually served to cross-train him in ways he'd never imagined, enabling him to become more grounded, globally aware, and, most surprisingly, a much better football player.

Part travelogue, part workout guide, part *Zen and the Art of Motorcycle Maintenance*, *The Sportsman* is an invigorating account of Dhani's global sporting adventures and the lessons he has learned along the way. From dragon boat racing in Singapore to carrying 300-pound rocks in Iceland to biking in Italy, Dhani's adventures taught him to be tougher, smarter, and stronger than ever. *The Sportsman* is a reminder that by connecting to the world through its people and customs and the spirit of competition, we empower ourselves in ways that can surpass our craziest expectations.

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