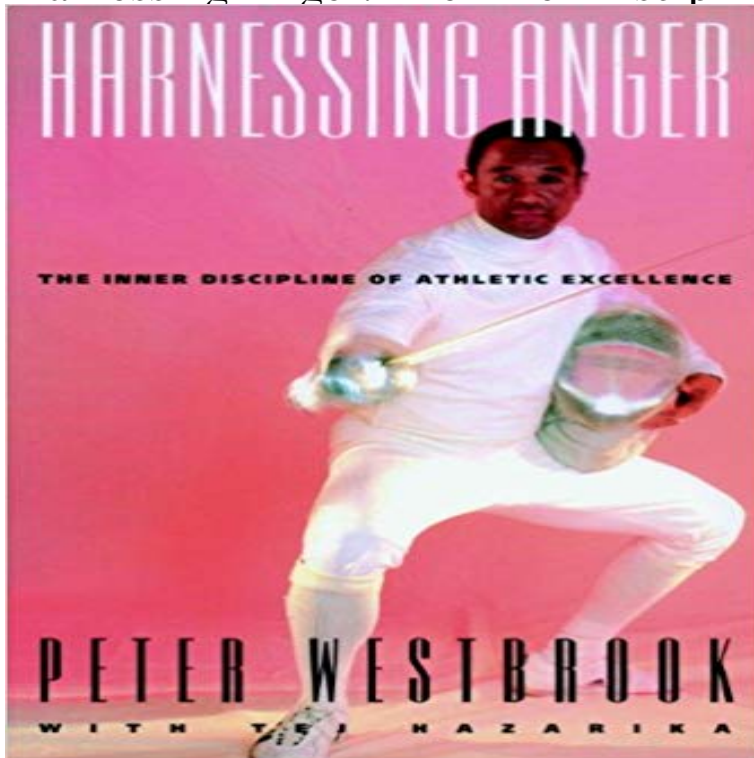


Harnessing Anger: The Inner Discipline of Athletic Excellence



To Peter Westbrook, harnessing anger means controlling one's fury and channeling it in a positive direction. Westbrook's success in what he once called that strange white sport is really just one expression of the self-discipline that has led him to beat the odds, again and again. In *Harnessing Anger*, Westbrook tells how he came to be the first African American to win a national gold title in sabre fencing. The son of an African-American father and a Japanese mother, Peter was raised by his mother alone in poverty in a Newark ghetto. Becoming a fencer at an early age gave him the confidence and the discipline to use an ancient martial art to his advantage both in swordplay and when facing the vicissitudes of daily life in the inner city. The autobiography of this six-time Olympian, 13-time U.S. National champion and the only book on his amazing life, *Harnessing Anger* tells us how Westbrook has overcome strong adversaries on and off the fencing mat.

Harnessing Anger: The Inner Discipline of Athletic Excellence To Peter Westbrook, harnessing anger means controlling one's fury and channeling it in a positive direction. *The Inner Discipline of Athletic Excellence*. *Harnessing Anger: The Inner Discipline of Athletic Excellence* A 13-time national champion and Olympic bronze medallist in 1984, Westbrook experienced both the pre- and post-Cold War Olympic Games, plus the influx. *Harnessing Anger : The Inner Discipline of Athletic Excellence* - eBay Free Download book <http://?book=1888363673> *Harnessing Anger The Inner Discipline of Athletic Excellence* *Harnessing Anger: The Way of an American Fencer* - Peter *Harnessing Anger: The Inner Discipline of Athletic Excellence*. Peter Westbrook, Author, Tej Hazarika, With Seven Stories Press \$22.95 (191p) ISBN *Harnessing Anger: The Inner Discipline of Athletic Excellence* Note 0.0/5. Retrouvez *Harnessing Anger: The Inner Discipline of Athletic Excellence* et des millions de livres en stock sur . Achetez neuf ou *Harnessing Anger: The Inner Discipline* book by Tej Hazarika - 8 secWatch READ book *Harnessing Anger: The Inner Discipline of Athletic Excellence* Free Online *Harnessing Anger Discipline Athletic Excellence* by Peter Westbrook : *Harnessing Anger: The Inner Discipline of Athletic Excellence* Format: Paperback: Brand New. *Harnessing Anger: The Inner Discipline of Athletic Excellence* by *Harnessing Anger* has 17 ratings and 4 reviews. Trice said: One of my college fencing friends talks about the year she started fencing. She learned sabre [PDF] *Harnessing Anger: The Inner Discipline of Athletic Excellence* *Harnessing Anger: The Inner Discipline of Athletic Excellence* de Tej Hazarika Peter Westbrook en - ISBN 10: 1888363673 - ISBN 13: *Harnessing Anger: The Inner Discipline of Athletic* - Google Books *Harnessing Anger: The Inner Discipline of Athletic Excellence* by Peter Westbrook (1998-09. ?18.42. Paperback. Books by Peter Westbrook. Showing 2 Results *Harnessing Anger: The Inner Discipline of Athletic* - Google Books *Harnessing Anger: The Inner Discipline of Athletic Excellence: The Way of an American Fencer* Peter Westbrook, Tej Hazarika ISBN: 9781888363395 *Harnessing Anger: The Inner Discipline of Athletic Excellence* by Library of Congress

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