

**Crunch Time: How To Be Your Best When It Matters
Most By Rick Peterson, Judd Hoekstra**

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Crunch time : how to be your best when it matters most, Rick Peterson & Judd Hoekstra ; foreword by Billy Beane, Executive Vice President of Baseball

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When facing pressure, don't just try to survive; learn to thrive

We want to be our best when it matters most. But something In writing Crunch Time, I teamed up with former Major League Baseball pitching coach Rick Peterson to share the secret to being your best when it matters most.

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Judd Hoekstra co-wrote Crunch Time: How to be your best when it matters most. New York Yankee's Cather and quasi-philosopher Yogi Berra

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One of the hooks that attracted me to this book is knowing that one of the authors, Rick, is a coach and the other, Judd, is a vice president at the

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