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# Relentless: From Good To Great To Unstoppable

TIM S.GROVER

**RELENTLESS**

FROM GOOD TO GREAT TO  
**UNSTOPPABLE**



## Synopsis

Direct, blunt, and brutally honest, Tim Grover breaks down what it takes to be unstoppable: You keep going when everyone else is giving up, you thrive under pressure, you never let your emotions make you weak. In "The Relentless 13", he details the essential traits shared by the most intense competitors and achievers in sports, business, and all walks of life. Relentless shows you how to trust your instincts and get in the Zone; how to control and adapt to any situation; how to find your opponent's weakness and attack. Grover gives you the same advice he gives his world-class clients - "don't think" - and shows you that anything is possible. Packed with previously untold stories and unparalleled insight into the psyches of the most successful and accomplished athletes of our time, Relentless shows you how even the best get better - and how you can too.

## Book Information

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## Customer Reviews

This wasn't a book. It was a mantra that is repeated for hundreds of pages. There isn't a single strategy in it to improve or accomplish anything. This was the first Kindle book I ever asked to return and receive a refund. It contains no explanation for how he has helped his clients or how you can help yourself in any form or fashion. The 13 traits shared aren't explained or given any sort of methodology. Rather than are all a form of circular reasoning, hence why the book reads like a mantra. You're a cleaner. This is why you demand the last shot. Why do you demand the last shot? Because you are a cleaner. Why would you pass up the last shot, because you are a cleaner who has belittled or punched a teammate and they didn't sue you so they have earned the title of closer

as bestowed by you with your cleaner mentality. Thus you can defer to a closer because you are a cleaner and give them the honor of the last shot. If none of that makes any sense then you see the problem with the book as that is a summary of how the entire book reads. Cleaners are born, not made and he knows cleaners because he was born a cleaner. If you have to read his book, by definition you would never be a cleaner because a cleaner would be too busy being a cleaner to need affirmation and help to become a cleaner. He trains cleaners because they recognize each other as cleaners and he is a great trainer of cleaners because other trainers aren't cleaners. Again if you find this hard to read, then you understand the problem with the book.

I am fairly sure that many who are drawn to this book are looking for anecdotes involving Jordan, Kobe and Wade. None here. At least nothing of interest, and the author himself says so by claiming that whatever happens between the client and him stays with them. Professional, but the advertising is very misleading. With that out of the way, it's yet another one of those motivational books, except it doesn't seek to motivate you but goes on about how he (and Jordan, Kobe, and Wade) is naturally motivated. So are you, it goes on to say, as long as you keep in touch with your true self and not worry about how you are perceived. Then it keeps up this point by arbitrarily dividing people in to three categories: coolers, closers, and cleaners. If you were looking for some sort of a motivational book, I'd probably give it 3 stars. If you were looking at some 'behind the scenes' stories of what makes great athletes great, including moments of their not-so-visible lives, you really have come to the wrong place and should move on.

This book never finds its stride. I never did figure out whether it was a biography of Michael Jordan (whom the author seems to have a "man crush" on), a bio of Kobe Bryant or his own autobiographical experiences as a PE coach, or a sports psychology motivation book. There are some nuggets of wisdom interspersed, but then Grover keeps lapsing into his mantra that it's alright for Michael Jordan to be a complete pr\*\*\* because he dribbles a basketball better than other people. His term "cleaner" for a "relentless" person never resonates. It doesn't reach the iconic lexicon the author seems to be hoping for. It seems like he's watched "Pulp Fiction" one too many times and is completely enamored with Harvey Kytel's character. "Cleaner" just kept reminding me of what Michael Jordan, Kobe et al would work as in the local high school if they couldn't play basketball, since Jordan's only other talent seems to be losing money at casino gambling tables. His pseudo tough-guy vernacular is also contrived and distracting. Trying to come across as some no-nonsense bad a\*\*, using a liberal sprinkling of "f\*\*\*", "motherf\*r", "a-h\*\*", etc., just makes him sounds weak --

kind of like the gym rats who take a "boot camp" fitness class and suddenly think they know what it's like to be in the Marine Corps. Not very professional. But then again, maybe that's how they're teaching PE teachers to talk these days. The author also talks about the people who know how to get the job done -- the ones who work late at night closing up restaurants, or other bottom-of-the-rung jobs, and work their way up in life, paying their dues, learning life's lessons and going on to be superstars. Fair enough, good lessons to be learned going that route. Yet none of his prima donna heroes did any of that. They got into colleges for free that they didn't have the grades for, got mediocre grades at best while there, and were multi millionaires by the time they were in their early 20s without ever having had a job. Seriously, how hard of a life can that be? But then again, I come from a different background. As a career military officer I've served in six wars over a 30 yr. period. I've seen and served with truly relentless men. Men who keep attacking with bullets in their body, no food in their stomachs, no sleep for days, and still get the job done -- for nothing more than duty, honor, country and a 40-cent ribbon they put on their chest. They are not pampered athletes with 7-figure bank accounts who whine about two-a-day practices. (The horror!) Nor are they complete pr\*\*s to all around them. Now THAT, is Relentless.

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