

SYNOPSIS

SEVERAL YEARS AGO B.A. NEWMAN'S GRANDMOTHER GAVE HIM A PERSONAL GIFT HE TREASURES - A JOURNAL HIS MOM LEFT BEHIND. WITHIN ITS PAGES HE DISCOVERED HER LEGACY OF HOPE, RESOLVE AND INSPIRATION. AS HE SHARES PARTS OF IT WITH YOU IN THE ENSUING PAGES, HIS HOPE IS THAT IT IMPARTS TO YOU, TOO, INSIGHTS AND ENCOURAGEMENT. THOUGH THE JOURNAL WAS A PERSONAL RECORD KEPT DURING HIS MOTHER'S MEDICAL ORDEAL AND NOT A MEMOIR WRITTEN TO BE READ BY HIM OR HIS BROTHER, IT IS SURPRISINGLY FULL OF WISDOM THAT SEEMS MEANT FOR US. WHEN HE REREAD HER THOUGHTS ON HOW TO LIVE AS A CHAMPION IN THE MIDST OF STRUGGLE, HE WAS STRENGTHENED BY HER WISDOM AS IF SHE HAD WRITTEN HIM A PERSONAL LETTER.

"FIGHT THE GOOD FIGHT WILL ENABLE YOU TO LIVE WITH MORE PURPOSE AND CONVICTION AND WILL PROVIDE THE TOOLS TO UNLEASH THE CHAMPION IN YOU!"

- ROLAND WILLIAMS

- 8 YEAR NFL VETERAN & SUPER BOWL CHAMPION

"FIGHT THE GOOD FIGHT REALLY TOUCHED ME. I BELIEVE IT WILL CAUSE YOU TO REFLECT UPON AND HONOR THE HEROES OF YOUR PAST AND INSPIRE YOU TO CREATE YOUR FUTURE."

-JON GORDON

-AUTHOR OF THE ENERGY BUS AND TRAINING CAMP

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