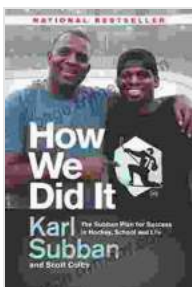


# Unlock Your Potential: The Subban Plan for Success in Hockey, School, and Life

*The Subban Plan for Success in Hockey, School, and Life* is an inspiring and practical guide written by renowned hockey player and Olympic medalist P.K. Subban. In this captivating book, Subban shares his unique insights and proven strategies for achieving success on and off the ice. With a foreword by legendary coach Michel Therrien, this comprehensive guide is packed with invaluable lessons that will empower readers of all ages and backgrounds to unlock their full potential.

## Discover the Subban Plan

Subban's journey from humble beginnings to NHL stardom is a testament to his unwavering determination and commitment to excellence. In *The Subban Plan*, he outlines his "5 Pillars of Success:"



## How We Did It: The Subban Plan for Success in Hockey, School and Life by Scott Colby

★★★★☆ 4.6 out of 5

Language : English  
File size : 91662 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 304 pages

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\* **Discipline:** Developing a strong work ethic and dedication to practice \*  
**Focus:** Setting clear goals and staying laser-focused on achieving them \*  
**Passion:** Fueling your efforts with a genuine love for the game or activity \*  
**Confidence:** Believing in yourself and your abilities, even when faced with challenges \*  
**Perseverance:** Overcoming obstacles and never giving up on your dreams

## **Hockey Success: Beyond the Puck**

Subban's plan goes beyond hockey skills and tactics. He emphasizes the importance of developing a strong character and mindset that will serve you well both on and off the ice. The book covers topics such as:

\* **Overcoming adversity:** Learning from setbacks and using them as fuel for growth \*  
**Leadership:** Inspiring and motivating others to achieve their goals \*  
**Respect:** Treating teammates, opponents, and coaches with dignity \*  
**Sportsmanship:** Playing the game with integrity and fair play \*  
**Community involvement:** Giving back to your community and making a positive impact on the lives of others

## **Success in School and Life**

*The Subban Plan* transcends the hockey rink. Subban believes that the same principles that lead to success in hockey can be applied to any field or endeavor. The book offers valuable advice on:

\* **Academic excellence:** Establishing good study habits, managing time effectively, and setting realistic goals \*  
**Career planning:** Identifying your strengths and passions, exploring different career paths, and preparing for the job market \*  
**Personal growth:** Cultivating positive relationships, developing self-esteem, and becoming a well-rounded individual

## Inspiring Stories and Interviews

Throughout the book, Subban shares personal anecdotes and interviews with successful individuals from various walks of life. These stories provide real-world examples of how the Subban Plan has helped people achieve extraordinary results.

### Key Features:

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- Over 300 pages of actionable advice and inspiring stories

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- Foreword by renowned hockey coach Michel Therrien

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- 5 Pillars of Success framework for achieving excellence

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- Practical strategies for hockey, school, and life

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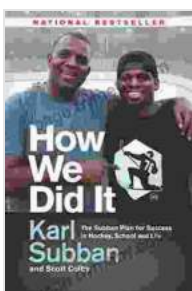
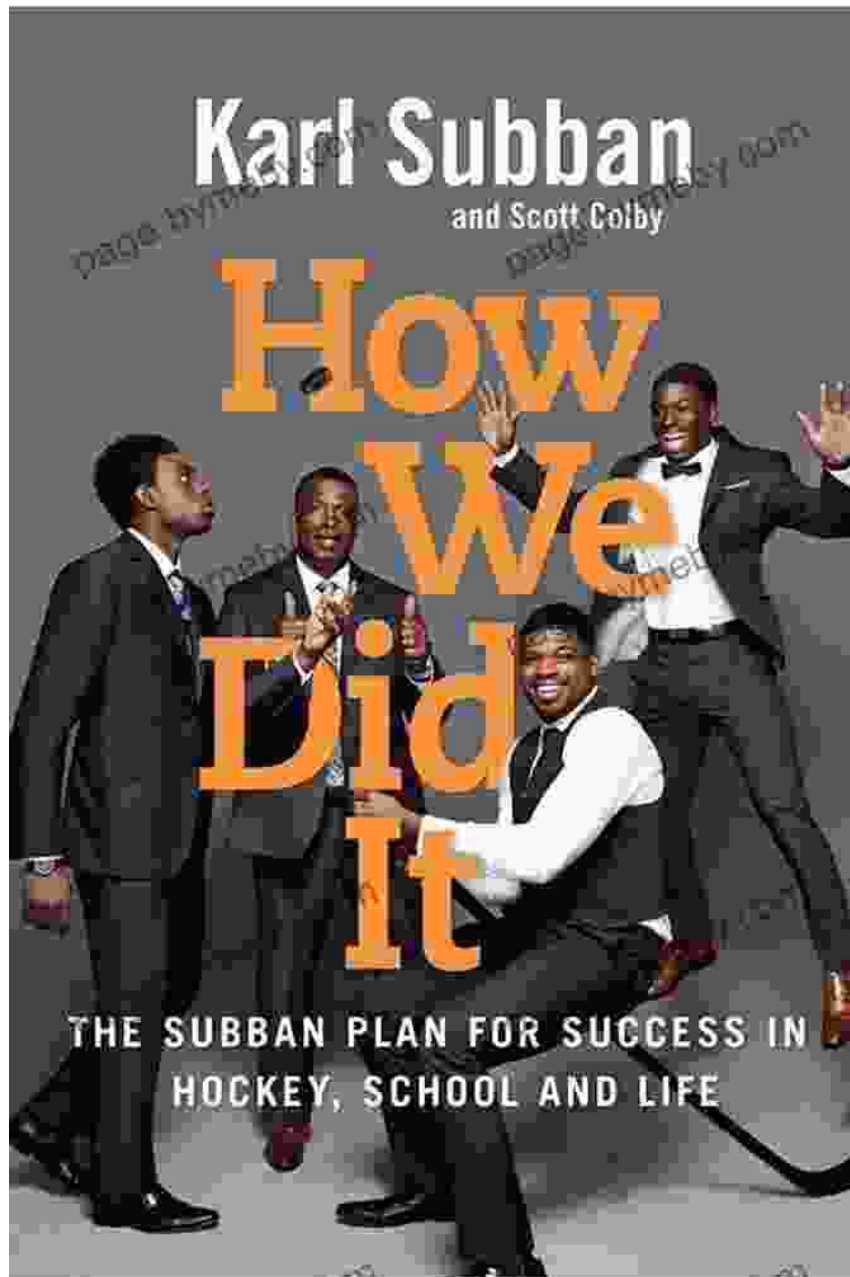
- Interviews with successful individuals who have applied the Subban Plan.

*The Subban Plan for Success in Hockey, School, and Life* is an essential guide for anyone who wants to achieve their full potential. P.K. Subban's

insights and proven strategies will resonate with readers of all ages and backgrounds. Whether you are an aspiring hockey player, a student seeking academic excellence, or an individual looking for personal growth, *The Subban Plan* will provide you with the tools and inspiration you need to succeed.

## **Call to Action**

Unlock your potential and Free Download your copy of *The Subban Plan for Success in Hockey, School, and Life* today! Available in bookstores and online retailers worldwide.



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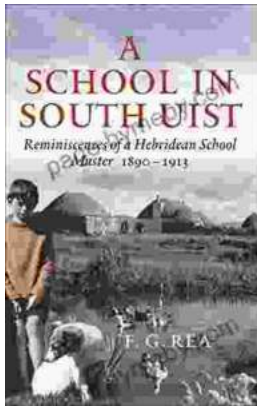
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