Review of the book titled “How to Become a Champion in Sport and in Life”
[in Polish: Jak zostać mistrzem w sporcie i w życiu]
by Jan Blecharz, Małgorzata Siekańska and Gershon Tenenbaum

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In recent weeks, the book “How to Become a Champion in Sport and in Life” [in Polish: Jak zostać mistrzem w sporcie i w życiu], written by the outstanding sports psychologists - Jan Blecharz, Małgorzata Siekańska and Gershon Tenenbaum, has appeared on the publishing market. It is addressed to children and adolescents practicing sports, their teachers, parents and coaches. The book, however, is so universal that many interesting tips can also be found in it for players with greater professional experience, as evidenced by the statements of leading Polish sportsmen given on the cover of the book.

On the one hand, “How to Become a Champion in Sport and in Life” are stories addressed to children, but it is also an excellent guide and source of specialist knowledge in the field of sports psychology and mental training.

The characters in the book are children practicing sports, dreaming of achieving their goals, of being champions. Every child, no matter what part of the world s/he lives in, can find him/herself there - becoming Karol, Samantha, Chico, Lila, Patryk, Alex, Oliwia or Adam. The problems encountered by the heroes of the stories are universal, of intercultural nature. The authors accurately portray the world of a child who loves sports and dreams of a sports career. The stories of children are interwoven with characters of idols, mentors, supporting parents who, with their advice, actually introduce elements of sports psychology into the training of the young characters.

Jan Blecharz, Małgorzata Siekańska and Gershon Tenenbaum, in a very original and interesting way, show what the psychological training of children and adolescents should look like. An additional valuable supplement to each story is the interpretation of the psychological problem presented in the history of a given child. This part seems to be extremely valuable and useful for teachers, parents and coaches. In addition to the psychological interpretation, in the ‘Glossary’ the authors explain the discussed psychological terms.

Thus, the book is simultaneously an excellent guide on how to wisely develop a passion for sports and derive satisfaction from it, but is also a source of professional psychological knowledge.

“How to Become a Champion in Sport and in Life” is a skilful combination of theory and practice described by the Authors who have extensive experience in leading athletes to championship. This is an additional advantage of the book that should not be missing on the shelves of sport-lovers.