



The Worst Times Are the Best Times

LeVelle Moton, Edward G Robinson III

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This collection of endearing, heartfelt stories is from an NCAA Division I basketball coach who overcame life's everyday obstacles—poverty, violence, bullying, and heartbreak—to find success on and off the court. North Carolina Central University head coach LeVelle Moton shares personal stories to help inspire and motivate. Looking back at his adolescent years, where he was an outstanding athlete, he shares tales about life that relate to sports, while not always directly involving action on the playing fields. Stories deal with making wise choices, overcoming failure, abstaining from sex, finding mentors, and preparation. Every chapter has a takeaway for readers in the “Inside the Locker Room” and “Chalkboard” sections. Rather than developing the next superstar athlete, Moton is more interested in teaching life's hard lessons. He looks back at his relationships with his grandmother and mother, strong women who helped him navigate a turbulent childhood. He shares stories about growing up without a father and reflects on several mentors he found as a young man trying to find his way. His stories are sincere, funny, and humbling. They take an honest look at growing up struggling with the world working against you and finding a way to the life you dreamed for yourself. The book is moving for adults and poignant for youth, informative for basketball fans, and relevant and engaging to all. As part of the authors' ongoing commitment to support youth in their community, a portion of proceeds from all book sales is being donated to the Boys & Girls Club of America.

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