



### Just Tell Me I Can't: How Jamie Moyer Defied the Radar Gun and Defeated Time

Jamie Moyer, Larry Platt

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Long-time fans of the National Pastime have known Moyer's name for more than 25 years. That's because he's been pitching in the bigs for all those years.

With his trademark three pitches - slow, slower, and slowest - the left-handed Moyer is a pinpoint specialist whose won-lost record actually got better as he got older -- from his 20s to his 30s and into 40s. He's only a few wins shy of 300 for his amazing career.

But this is where the book takes an unusual turn. Moyer was just about finished as a big leaguer in his mid-20s until he fatefully encountered a gravel-voiced, highly confrontational sports psychologist named Harvey Dorfman. Listening to the "in-your-face" insights of Dorfman, Moyer began to re-invent himself and reconstruct his approach to his game. Moyer went on to become an All-Star and also a World Series champion.

Yogi Berra once observed that "Half of this game is 90% mental." And Moyer's memoir proves it.



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Spent a free time for you to be fun activity to accomplish! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try out look for book, may be the book untitled Just Tell Me I Can't: How Jamie Moyer Defied the Radar Gun and Defeated Time can be very good book to read. May be it can be best activity to you.

#### Jennifer Garza:

People live in this new time of lifestyle always make an effort to and must have the free time or they will get lots of stress from both daily life and work. So , when we ask do people have free time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer can unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative in spending your spare time, the particular book you have read is definitely Just Tell Me I Can't: How Jamie Moyer Defied the Radar Gun and Defeated Time.

#### **Joseph Singleton:**

Playing with family in a very park, coming to see the marine world or hanging out with good friends is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Just Tell Me I Can't: How Jamie Moyer Defied the Radar Gun and Defeated Time, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

#### Willie McCall:

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