



## Embracing The Grind

By Justin Goldman, Mike Valley

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**Embracing The Grind** By Justin Goldman, Mike Valley

A goaltender is an athlete on an island. Left alone with nothing but your thoughts in the blue crease, you must learn how to handle the pressure of being the last line of defense. You live in a world where you're only as good as your last game, so if you don't win, you don't play. It's that simple. In today's NHL, there's zero margin for error. Players are faster, shots are more accurate, and the game is more physical than ever before. In order to be successful at this level, no matter your size or style, you better be able to handle The Grind. Co-authored by Justin Goldman and Mike Valley, **Embracing The Grind** features candid, motivational discussions with 11 NHL goaltenders and goalie coaches. A continuation of **The Power Within**, this book aims to help you embrace the mental, emotional, and physical challenges that come with playing one of the toughest positions in sports. Whether you're a goalie, an aspiring athlete, the CEO of a corporation, or a hard-working single parent, everyone has their fair share of hard times. So when you feel the weight of the world on your shoulders, dig deep, trust yourself, and keep Embracing The Grind! Featuring 11 NHL Goalies and Coaches: Ben Bishop, Freddy Brathwaite, Scott Darling, Jhonas Enroth, Johan Hedberg, Jimmy Howard, Mitch Korn, Drew MacIntyre, Curtis McElhinney, Evgeni Nabokov, and Jordan Sigalet.

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# Embracing The Grind

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## Embracing The Grind By Justin Goldman, Mike Valley Bibliography

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### **Editorial Review**

#### **About the Author**

Since 2007, Justin Goldman has been a key contributor to the pro goaltending community. After establishing The Goalie Guild (a 501-c3 nonprofit foundation) in 2009, he spent four years (2011-14) writing weekly goalie articles for the NHL.com website. In 2013, he joined USA Hockey as a goalie consultant, mentor, and director for various national and local development programs. During his three-year tenure with USA Hockey, Justin traveled around the world to study the position and went on to publish his first two books, *The Power Within* (2014) and *Between Two Worlds* (2015). Beyond The Goalie Guild, Goldman currently acts as the creator of the Colorado Goalie Development Program (CGDP), as well as the director of operations for NetWork Goaltending and their annual international goalie coaching symposium. Currently in his eighth season with the Dallas Stars, Mike Valley is widely regarded and highly respected as one of the top goalie coaches in the National Hockey League. His success as an NHL goalie coach and mentor stems from his tireless work with some of the league's top goalies over the past decade, including Marty Turco, Brian Elliott, Kari Lehtonen, Jhonas Enroth, and many others. Beyond his day-to-day duties as the Director of Goalie Development for the Stars, Valley is also on the goaltending advisory board for Hockey Canada, the owner of Elite Goalies (based in Canada and USA), and one of the co-founders of NetWork Goaltending.

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