



The Ox Is Slow but the Earth Is Patient

Mick Malthouse, David Buttifant

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At the end of 2000, David Buttifant joined Coach Mick Malthouse as head of conditioning at the Collingwood Football Club. A decade later the pair have shared many events together, some of which have been life-changing. Here this talented team reveals the secrets of preparing football sides and athletes in general as they share what they've learnt. These are processes where boys become men and where profound life lessons are taught which transcend the sport world. As Christi Malthouse notes in her foreword along the way Mick and David 'chronicle the defining moments in their professional and personal lives; the discoveries made in those moments and the lessons learnt. Here they pass them on to you: the leader, the manager, the mentor, the parent, and the mate. Throughout the book we see their profound insights complemented by those of scores of others—players, coaches, philosophers, politicians and poets, past and present—who bare their souls as they strive not just for improved performance, but that mysterious spiritual quality that transforms a collection of good individuals into a champion team. *The Ox Is Slow but the Earth Is Patient* is not just another sports book. If you have an open mind and heart and you're interested in success, or in simply improving yourself in any endeavor at all, this inspirational book will change you forever.

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