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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why is Bobby Knight Explosive?

By John Boe

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Bobby Knight is presently the head basketball coach at Texas Tech. Prior to being hired by them Bobby Knight spent twenty-nine years coaching basketball at Indiana University. In those twenty-nine years he coached many successful basketball teams and in fact, brought three NCAA basketball championships back to Indiana. He was recognized as a strict disciplinarian and used a "hands on" coaching style. Coach Knight was feared and respected not only by the opposing team, but by his own players as well. His winning tradition at Indiana University made him an icon for college basketball. Here is a man who was at the top of his game and appeared to have it all. So what happened? Why did Indiana fire him as their head basketball coach? Essentially Bobby Knight lost his job when he lost his temper. It has been said that people are a lot like steel, once they loose their temper they are rendered useless. Unfortunately when most people think of Bobby Knight, they picture an irate coach throwing a chair across the basketball court dramatically underscoring his disagreement with an official's call. His explosive and volatile temper ultimately caused him to be placed on probation at Indiana University after he chocked one of his players during practice.

Why are some people more aggressive and volatile than others? Twenty-four hundred years ago, Hippocrates, the father of medicine, theorized that we are born into one of four primary temperament styles and that each style has it's own unique physiology, character traits and outlook on life; Choleric (aggressive), Sanguine (emotional), Phlegmatic (passive) and Melancholy (analytical). Of these four styles, the Choleric or Worker style is the most impatient, ill natured and short tempered. The Worker temperament style is the D in the D.I.S.C. profiling system. Bobby Knight has the Worker as his primary temperament style and therefore like most Workers, has a challenge with anger management. This style is often referred to as a "Workaholic or Type A" personality. When they get angry their tendency is to explode like a volcano and then get over it quickly and go about their business as if nothing had happened. Workers are aggressive, no-nonsense people who seek power and control. They are goal-oriented individuals with a practical, bottom line approach to life. The Worker is extroverted by nature. People who have the Worker as their primary temperament style are physically large, powerful people with broad shoulders. Other well-known Workers are; Mike Tyson, John Wayne, Vince Lombardi, George C. Scott, Bea Arthur, Pete Rose, Janet Reno, O.J. Simpson, Joseph Stalin, George S. Patton and Jim Brown.

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Bobby Knight developed a winning tradition while at Indiana University by demanding that his players learn how to play under pressure and adversity. Ironically, self-control was the one thing coach Knight was unable to give back to them! Bobby Knight is a good example of a bad example. He reminds us all that the strength of our temperament style taken to the extreme becomes our greatest personal weakness. He has been given a second chance to coach at Texas Tech. Let's hope that he learned his lesson and will control his legendary, explosive temper!

John Boe, based in Monterey, CA, helps companies recruit, train and motivate top-quality people. To view his online Video Demo or to have John Boe speak at your next event, visit www.johnboe.com or

call (831) 375-3668.

A Teenager Spool Party

By Rehan Husain

Spool party is one of the best parties that both boys and girls can enjoy together. All it requires is a handful of spools and some delicious refreshment for party gang.

"Ooo Grandmother! Where did you ever get so many empty spools?" Bobby was kneeling in front of a drawer in Grandmother's sideboard. "I've been saving them, Bobby, all winter long. I thought maybe you'd like to have a spool party this vacation."

"A spool party?" Bobby's eyes opened wide in wonder. "I've never even heard of one." "All the better," said Grandmother, as she reached into the drawer for a handful of spools. "These short fat spools would be good to write the invitations on. I'm sure there are enough for that."

Bobby was eager as he dug through the full drawer of spools his grandmother had accumulated. After several tries, Bobby and his grandmother printed in small letters around the middle of the short fat spools, Come to my spool party Friday at three P.M. Bobby Halverson.

It was lots of fun passing out these spool invitations to the neighboring children with whom Bobby played during his summer vacation at Grandmother's. During the days before the party Bobby cut many strips of cardboard one-half inch wide and three and four inches long. These were to be used during the party for building material. Then Bobby picked four small spools of equal size; painted one red, one green, one yellow, and the other blue. These were the family autos.

Friday afternoon the boys and girls arrived anxious to discover what a spool party would be like. As soon as all the guests arrived Bobby showed them a spool dog that Grandmother had shown him how to make. The head was cut out of cardboard tapering into a long neck which fitted into one end of the spool. The face was drawn with black crayon. At the other end of the spool emerged a long curved tail that looked as if it would wag any minute.

Four cardboard legs were glued to the sides of the spool. He made a surprisingly good-looking dog.

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When Bobby told the children that they could make any kind of animal they wanted to, there was much excitement. In every corner of the room dogs, cats, lambs and cows were being created. When the animals were all finished, the youngsters built a spool pen by placing spools of equal size about three and one-half inches apart. The four-inch strips of cardboard were then put across the spools and held in place by small button-twist spools.

Spools party is very entertaining and exciting for young boys and girls. It gives them a great delightment and joy.

Mitch Johnson is a regular writer for <http://www.naturalpause.com>

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