



NATIONAL

FOOTBALL ★ POST

ALL ANGLES. ALL ACCESS.

Dan Pompei covers pro football for the Chicago Tribune at chicagotribune.com.

One Man Yelp: Insightful Player

We hear a lot about NFL players who do foolish things, who are corrupted by fame and who have misplaced priorities. So it's nice sometimes to hear about players who have tried to do the right thing to overcome hardships. Chrissy Carew has written a book full of 32 such stories. *Insightful Player* uses the stories of players such as Roger Staubach, Devin McCourty, Aaron Kampman and many others to show how courage, hope, humility, respect, faith and other virtues can lead to success.

There are feel-good stories like Rashied Davis'. His father was murdered when Rashied was eight, and he had to dodge bullets in his own home in South Central Los Angeles. One of nine kids, Davis escaped that life with guidance from his mother. After high school, he didn't have a job and was drifting. He signed up at West Los Angeles Junior College and joined the football team. San Jose State came calling, followed by a career in the Arena Football League. He wound up with the Bears, and now the Lions.

At the end of each chapter are "guiding principles" from each player. Davis advises to "learn how to play every bad hand well," to "never listen to people who knock you down and tell you can't," to not "let your.. profession define who you are," and to "lean on God."

If you are looking for hope, you will find it in this book.