

Hello All,

It is my pleasure to let the world know that the book I've been writing, **"Go Prove Something! A Basketball Player's Guide to Legally Using PEDs"** has been picked up by publisher, Maurice Bassett. Together we will be launching my book in conjunction with the start of the 2016 March Madness Tournament. Those that know me understand my passion for training our youth in the areas of personal development, proper body mechanics, speed, agility and quickness by using the theme of basketball, is second to none. So you know the PEDs I'm talking about are not the illegal performance enhancing drugs we know all so well. I believe when you create better people you create better players. Below is an overview of the book. Please spread the word for me as I would love to be able to train our youth not only in person but as a "Best Selling Author".

Enjoy!!!!

Go Prove Something!

A Basketball Player's Guide to Legally Using PEDs Overview

Go Prove Something! A Basketball Player's Guide to Legally Using PEDs outlines and guides basketball players of all ages through the steps needed to develop an iron clad mental toughness, the body of an elite athlete and the basketball skills required to take their games and lives to the next level. Using the backdrop of building a house, I explain how the steps taken to build a house are the exact same steps needed when building your mind, body and basketball skills. **Go Prove Something!** also brilliantly illustrates how the greatest basketball players, past and present, have been legally using **PEDs** for their entire careers without even realizing it. Obviously the **PEDs** I'm talking about are not the illegal **Performance Enhancing Drugs**. My version of **PEDs** are 100 percent legal, free to use, more addicting than their illegal counterparts, cost nothing and can help a player transform every aspect of their lives.

We live in Generation Entitlement. Today's youth think that they don't have to work for anything. They believe things should be handed to them or they should get a trophy just for showing up. Competition is a thing of the past. There is no longer a sense of pride when going through the struggle and somehow making it out. Gone are the days of getting knocked down and having to get up, dust yourself off and try again. Someone is always there to catch them before they hit the deck. There is a lack of respect for authority. Kids are killing each other over such minuscule things. Police officers are considered the enemy. And everything is now caught on video for the whole world to see. Reality shows make people famous who literally have zero talent and have not accomplished anything. Wanting and expecting something for

nothing is a growing epidemic with these young kids of today. Where are the role models with morals and ethics for these kids to look up to? There are none. This needs to stop now.

That's where I come in. My name is Anthony Drago. I am the Founder and President of **GPS** Basketball Instruction (www.anthonymdrago.com). **GPS** stands for **Go Prove Something**. I train basketball players in all facets of the game with an emphasis on speed, agility, quickness and more importantly, mental toughness. My conviction is that the better the person the better the player and that is why there is a tremendous underlying message of personal development before any basketball training ever takes place. In addition to my training company I am a veteran of The United States Coast Guard, a former certified personal trainer, a 20 year advocate of the personal development industry (I've completed the Tony Robbins Unleash the Power Within Weekend and Firewalk Experience), a basketball player for over 30 years, the former Assistant General Manager, Director of Player Development and Assistant Coach for the Staten Island Vipers ABA Professional Basketball Franchise, a featured guest on Sports Tuesday with Steve Manderson (an online sports talk radio show) and a USA Basketball certified coach. I am also a listed expert for www.stack.com. Stack is a website and print magazine that all athletes can go to for training insight about their respective sports. My page can be found here: www.stack.com/expert/anthony-drago.

By using an easy to follow step by step process I bring the reader from laying the foundation to designing the exterior landscaping of their mind, body and skills. I have even included a bonus chapter on adversity to show the reader how to deal with challenges when they arise as they always will. I believe this book is long enough to have a major impact yet short enough to keep the reader engaged and on the edge of their seat looking for the next idea they can implement into their lives.

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Thank you for taking the time to read my overview. My vision is to have this book be the catalyst for change in a positive direction for all future generations. So please spread the word to anyone and everyone you know. And, of course, if there is any way I can be of help to you or your organization, please reach out.

Develop Yourself Daily,

Anthony M. Drago

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