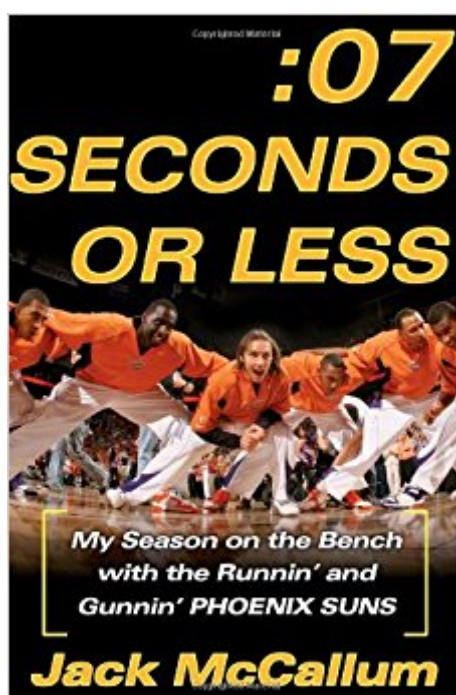


The book was found

# Seven Seconds Or Less: My Season On The Bench With The Runnin' And Gunnin' Phoenix Suns



## Synopsis

Sports Illustrated's chief NBA writer, Jack McCallum, only planned to spend the preseason with the Phoenix Suns as an "assistant coach" -- and then write a story about his experiences. Instead, he stayed on with the Suns throughout their exciting and controversial 2005-2006 season. Gaining access to everything from locker-room chats with superstar point guard Steve Nash, to coaches' meetings with maverick coach Mike D'Antoni, McCallum learned what makes this wildly popular, innovative, and international assemblage of talented players and brilliant coaches tick -- making *Seven Seconds or Less* an all-access look at one of the greatest shows in sports. --This text refers to the Paperback edition.

## Book Information

Hardcover: 320 pages

Publisher: Touchstone; First Edition edition (November 14, 2006)

Language: English

ISBN-10: 074329811X

ISBN-13: 978-0743298117

Product Dimensions: 6.4 x 1.1 x 9.4 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.3 out of 5 stars 67 customer reviews

Best Sellers Rank: #370,790 in Books (See Top 100 in Books) #5 in [Books > Sports & Outdoors > Basketball > Professional](#)

## Customer Reviews

"A fascinating and funny book, a fly-on-the-wall account of what life is really like in the NBA." -- Steve Rushin, Sports Illustrated  
"A must-read for NBA fans. . . . The most detailed view yet of what really transpires to make, or break, an NBA team." -- San Antonio Express-News  
"A fascinating fly-on-the-wall look at how coach Mike D'Antoni and his staff led an injury-plagued team to the Western Conference Finals." -- Sports Illustrated  
"A great read for Suns and NBA fans, and great insight into life beyond the locker room door." -- Scottsdale Tribune  
"This is one of the best NBA books I've read, and I am pretty sure I have read them all." -- Detroit News  
"A glimpse into NBA life that should be cherished by hoops fans for years to come." -- Toronto Star  
"A Hall of Fame Book by a Hall of Fame writer." -- Mike Breen, ABC/ESPN broadcaster  
"McCallum writes about basketball the way only a few have ever played it: With a grace and insight that changes the way you look at the game." -- Steve Rushin, Sports Illustrated  
"McCallum delivers again!" -- Bill Simmons, The Sports

Guy, espn.com --This text refers to the Paperback edition.

Jack McCallum has been at Sports Illustrated since 1981 and the chief NBA writer since 1985. His work has appeared in the Best American Sports Writing Anthology, and in 2004 he won the Basketball Hall of Fame's Curt Gowdy Media Award for outstanding writing. He is the author of *Unfinished Business: On and Off the Court with the 1990-91 Boston Celtics* and coauthor of *Foul Lines: A Pro Basketball Novel*. He lives in Bethlehem, Pennsylvania.

I loved that this book didn't follow a dynasty or even a championship team; these Suns were hobbled by injury and didn't even make the NBA Finals, which makes the read a bit more interesting. McCallum has access like no other writer I've ever read as he basically becomes a trusted member of the staff, which allows for some very personal looks and conversations. The book shines a favorable light on Coach D'Antoni, which is someone I was never sure about, prior to the book. It changed a lot of perceptions I had, be it good or bad, about certain members of this team. The word count McCallum uses trying to explain the inner workings of a pro athlete, especially a fringe athlete, is some of the best writing; realizing these guys are scared of injury, of better players, of rookies, of coaching changes. It's fascinating stuff, reading the inner-politics of a team trying to win, as opposed to the more common "reflection by a winning team on what it was like to dig deep and win". Excellent basketball writing; I'd consider it in the same class as *Season on the Brink* in terms of its access and the connection you begin to feel with certain members of the team and staff. A Must read for any above-average basketball person.

I'm going to keep this short, because I know I hate when people are too wordy with these reviews. This is probably the best book about the NBA lifestyle that I have ever read. You really feel like you are part of the team, traveling with them, experiencing the ups & downs of a winning season/playoffs, and you really feel like you know these guys (especially the coaching staff) after you finish the book. I know this might sound crazy, but that is just how well written the book is. I also have to give a ton of credit to Mike D, the coaching staff, and the players; something tells me that with any other group of guys this wouldn't have gone as well, but since these guys were all so willing to open up and let a journalist become part of their team...well the result is really something special. So basically, if you want to know what went on behind the scenes with the Phoenix Suns during their run to the Western Conf. Finals and basically just what it feels like to be part of a coaching staff everyday on an NBA powerhouse, then buy this book...I guarantee you won't put it

down until you're done.

A great, well-written and funny book exploring what goes on behind closed doors on an NBA team. If you're looking for a book that delves into players affinity for clubs, booze and girls, then you'll have to look elsewhere. The Suns are a pretty clean club, and I'm sure they've done some stuff that isn't included in the book. What is included is an insiders look into the thought processes of coaches and players and discusses how the relationships within a professional organization can affect the win-loss column. There are some solid perspectives on team chemistry, ownership, the role coaches play in the success (or failure) of a ball club, the pressures of the playoffs, the psyche of the pro athlete (who knew someone making \$20m a year could be so sensitive), how marketing efforts can affect a player's attitude and much more. I kind of wish the Suns would've won it all in 2006 so that this book could've been longer. Also, you don't have to be a Suns fan to appreciate this book. I'm a die-hard Pistons fan, and found this read very enjoyable. One thing to point out: there's some swearing in this book (a few F bombs and the like), so if you're a parent thinking of picking this book up for a young Suns fan you may want to browse the pages beforehand. Otherwise, there really isn't anything worse than that, though.

I'm an SI subscriber, so I've been reading Jack for years in the magazine. I was looking forward to this book ever since I put it on my wishlist, and I wasn't disappointed. They gave him really great access, and the coaches seemed to relax around him and give him good quotes. He has a smooth and engaging writing style, which works great for writing about sports. And he did not treat the players like Gods, and that was very key. He made Shawn Marion look like he was, your typical insecure semi-superstar, and allowed Amare Stoudemire to appear as the clueless, under-educated athlete that he is. Reserve guard Eddie House wound up being the star of the book, player category, he's very entertaining without coming off like a jerk. A couple of quibbles: Jack really does not like Mark Cuban, and takes as many shots at him as he could. Makes a person wonder if he tried to float this book idea by the Mavericks and was turned down. The other, far bigger gripe, is that the book was too short. It seemed that he rushed it to get it out quickly, and thus the focus so much on the playoffs, with the preseason and regular season not touched on much. I know that this is partially a compliment, wanting the book to be much bigger, and I mean it that way. It just seems rushed. All in all a great buy, well worth the money I paid, and I got it right here at .

Great NBA book. Even if you're not a fan of the Steve Nash Phoenix Suns or Mike D'Antoni's

coaching (guilty as charged on the 2nd), this book gives you a good sense of what coaching and game planning look like behind the scenes. I thoroughly enjoyed the book. The book mainly progresses game to game during their playoff run, with a few regular season games sprinkled in here and there to refresh the viewer. Jack McCallum does a great job at writing in general.

[Download to continue reading...](#)

Seven Seconds or Less: My Season on the Bench with the Runnin' and Gunnin' Phoenix Suns  
Don't Put Me In, Coach: My Incredible NCAA Journey from the End of the Bench to the End of the Bench New Zealand from Bench to Bench 5SOS (5 SECONDS OF SUMMER) SONGS QUIZ Book: Songs from 5SOS ALBUMS (5 Seconds Of Summer & LiveSOS) and 5SOS EPs (Unplugged, Somewhere New, She Looks So ... INCLUDED! (FUN QUIZZES FOR TEENS & KIDS) Runnin' with the Devil: A Backstage Pass to the Wild Times, Loud Rock, and the Down and Dirty Truth Behind the Making of Van Halen My Life On a Napkin: Pillow Mints, Playground Dreams and Coaching the Runnin' Utes Science in Seconds for Kids: Over 100 Experiments You Can Do in Ten Minutes or Less How to Connect With People: Make People Like You In 60 Seconds or Less (Know What to Say to Anyone, Be Popular) The One Minute Wine Master: Discover 10 Wines You'll Like in 60 Seconds or Less How to Make People Like You in 90 Seconds or Less How to Get Your Point Across in 30 Seconds or Less How to Connect in Business in 90 Seconds or Less Phoenix Travel Guide 2017: Shops, Restaurants, Arts, Entertainment and Nightlife in Phoenix, Arizona (City Travel Guide 2017) Phoenix Travel Guide 2015: Shops, Restaurants, Arts, Entertainment and Nightlife in Phoenix, Arizona (City Travel Guide 2015). Phoenix Travel Guide 2016: Shops, Restaurants, Arts, Entertainment and Nightlife in Phoenix, Arizona (City Travel Guide 2016) Phoenix Restaurant Guide 2016: Best Rated Restaurants in Phoenix, Arizona - 500 restaurants, bars and caf  s recommended for visitors, 2016 Phoenix Travel Guide 2018: Shops, Restaurants, Arts, Entertainment and Nightlife in Phoenix, Arizona (City Travel Guide 2018) Phoenix Restaurant Guide 2017: Best Rated Restaurants in Phoenix, Arizona - 500 restaurants, bars and caf  s recommended for visitors, 2017 Phoenix Restaurant Guide 2015: Best Rated Restaurants in Phoenix, Arizona - 500 restaurants, bars and caf  s recommended for visitors, 2015. Thomas Guide 2006 Phoenix, Arizona: Including Maricopa County; Street Guide (Phoenix Metro Street Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)