

Media Kit

Author Bio

Book Bio

Testimonials

Target Audience

Book Excerpt

Story Ideas

Downloadable Photos

Book Trailer - Video

Contact Author

Author: Joanne P. McCallie
Memoir: Mental Health/Coaching
Publisher: Koehler Books
Distributor: Ingram



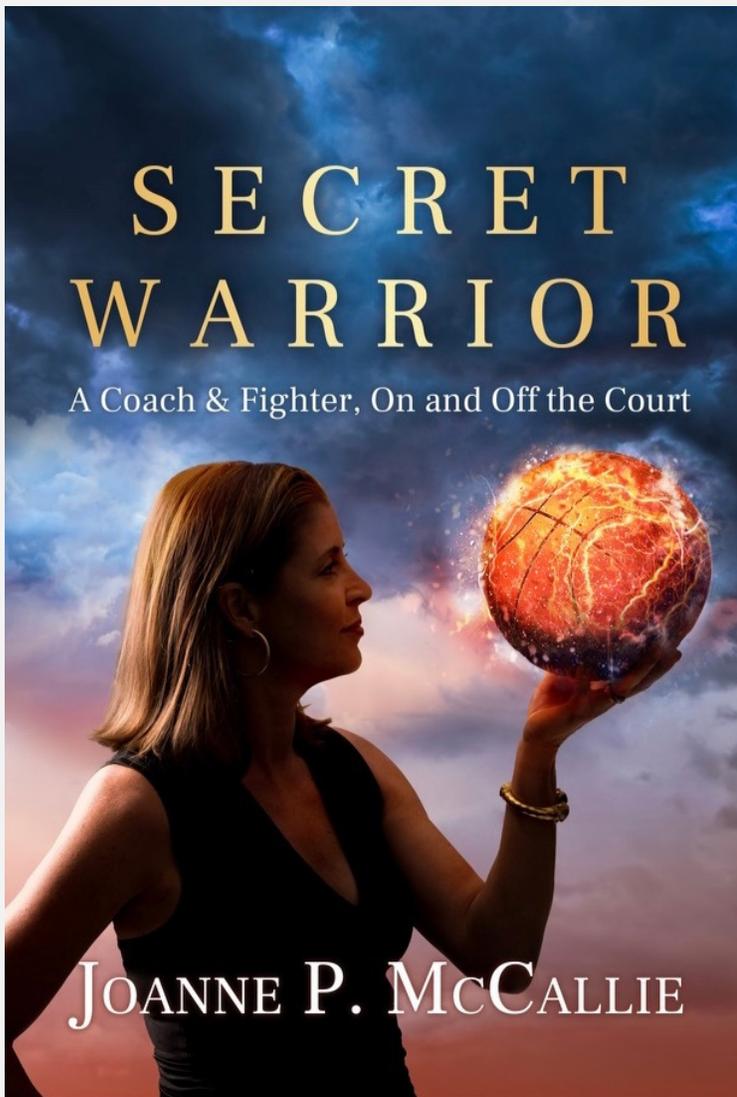
Author Bio

Joanne P. McCallie is an author and elite-level NCAA Basketball coach. She received a BA from Northwestern University and an MBA from Auburn University, and has coached at Maine, Michigan State, and Duke, making National Coach of the Year in 2005, and winning numerous championships at all three schools. She is the only coach in history to win Coach of the Year in four different conferences.

An advocate for mental health and melanoma, she is also a wife, and mom of two, Maddie and Jack. She has extensive media experience on radio shows and podcasts, and has provided color commentary for four years in the WNBA. She previously published **Choice Not Chance: Rules for Building a Fierce Competitor.**



Joanne P. McCallie



Book Bio

Secret Warrior is a compelling memoir following Joanne McCallie's mental health journey through the realities and challenges within the sports world.

Using the recurring theme of "faith over fear" to reduce the stigma associated with impaired mental health and encourage those suffering from mental health issues to reach out—to coaches, student-athletes, and to all people across the world—Joanne offers real direction, experiences, and personal stories to teach and reassure those adversely affected by the dynamics of the mind and body experience.

Motivational and heartfelt, Secret Warrior drives home the need for more education, stories, action, and an overall change to the narrative about brain health.

Author: Joanne P. McCallie
Memoir: Mental Health/Coaching
Publisher: Koehler Books
Distributor: Ingram

Testimonials

"In **Secret Warrior**, CoachP is vulnerable and transparent. She shares personal coaching stories throughout a very successful head coaching career regarding mental wellness, personal growth, team loyalty, and thriving with her teams through adversity. Her authenticity shines through in "Secret Warrior"-a compelling memoir that travels well beyond the court."

Mike Krzyzewski, Head Coach, Duke University

"In **Secret Warrior**, CoachP shares in depth stories of mental health resilience and perseverance where the team and coach come together to thrive. Such a story demonstrates the need to keep the conversation going...and truly realize how mental health matters."

Tara Vanderveer, Head Coach, Stanford University

"There is no doubt CoachP and I share a love of basketball and great experiences at Duke as well. But, most importantly, we both love people and relationships. In **Secret Warrior**, CoachP shares an incredible personal story that compels the reader to see the big picture relative to mental health in such an authentic space as sports. Mental health impacts everyone worldwide. A must-read memoir, CoachP may have coached her best championship game in sharing this story."

Reggie Love, Sr. Advisor at Apollo Global Management, VP & Head of External Affairs for HRS

"In **Secret Warrior**, CoachP shares in depth stories of mental health resilience and perseverance where the team and coach come together to thrive. Such a story demonstrates the need to keep the conversation going...and truly realize how mental health matters."

Nick Saban, Head Coach, University of Alabama

"Impaired mental health has no boundaries as all races, ethnicities, and families worldwide are affected in so many ways. In CoachP's **Secret Warrior**, she explores an authentic story of struggles and triumph within sports. However, the lessons are profound and can apply to us all."

C. Vivian Stringer, Head Coach Rutgers University

"I have known CoachP for thirty years. She is truly an inspiration. Regardless of how tough life gets, she continues to be a warrior. Her book, **Secret Warrior**, is going to help many and move mountains relative to understanding and thriving with mental and physical health. This book reminds us all to keep faith in the journey...and to share our stories courageously."

Ruthie Bolton, Olympian, WNBA Champion, Motivational/Faith, Speaker

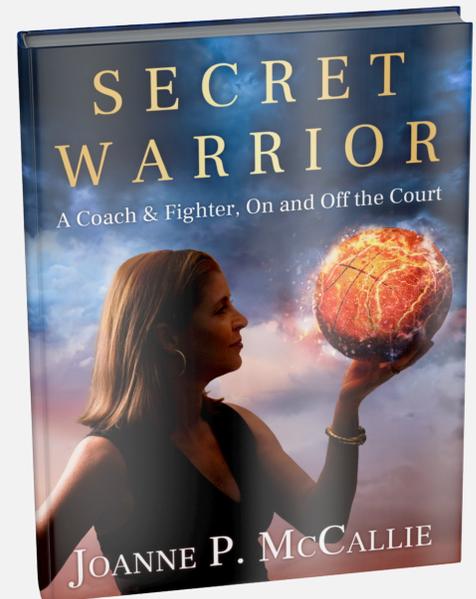
Target Audience

Who Should Read

- Everyone
- Mental health community
- Sports enthusiasts
- Readers who lean on their faith
- Readers who struggle with their faith
- Basketball coaches

Book Benefits

- The book is an extraordinary story that weaves throughout personal experience while the author is an active and successful elite basketball coach.
- The book is a deeply personal memoir that applies to all individuals who want to thrive in their own journeys, support others in theirs, and feel more confident and at peace with the incredible power of the brain and all of its capabilities.
- The story is dynamic and filled with sports metaphors.
- Not many sports books delve so deeply into mental health with such a personal account.



Book Excerpt

Introduction

I have always wondered when would be the right time to share the story of my affliction with bipolar disorder in a way that I could motivate, inspire, and also raise awareness—and truth—about mental illness and all the attached stigmas that come with the imbalanced brain. I have chosen this moment to reflect and reveal my private battle with mental illness to show that those afflicted can be successful, productive, and happy.

I am a wife, mother of two, and until recently was a competitive and successful Division I head basketball coach: for thirteen years I led the Duke University women's team. Before that, I was head coach of the women's teams at the University of Maine, my home state, and at Michigan State University. I was raised in Maine in a small town, and was always competitive as a kid. I parlayed my skills as a high school basketball player into an athletic scholarship at Northwestern University in Evanston, IL. From there, I went on to coach at Auburn University as an assistant coach, then on to Maine, Michigan, and finally Duke as head coach.

Of my twenty-eight years as a head coach, twenty-five have been as a person diagnosed with bipolar I/II disorder. Despite my mental health disease I have persevered, but not without struggle: I have sacrificed and marshaled unrelenting determination, and I have tried to instill those traits in my talented basketball players, my own kids, and countless others who know me or of me.

My brain chose its own path when I was thirty years old. I was a young mother, a wife, and a new basketball coach ready to take on the demands of Division I women's basketball. Like many who go through struggles with brain imbalance, I found it hard to sort the proper cause, catalyst, and then, of course, the treatment. For many, it is a lifelong journey of learning, growing, grieving, accepting, and then flourishing with a newfound balance within your own brain. For me it was so.

I had experienced natural childbirth approximately one year prior to my first manic-depressive episode. With a new and stressful job, and a new baby girl, my life was full and challenging. Perhaps the situation was ripe for a mental collapse. It is tricky to sort through the numerous details of the events prior to my first episode. Timing and causation blurred. Sometimes you never truly know the full story of why things happen. Looking back for answers can torment. It can delay acceptance of the new reality.

That “not knowing” has caused me shame and fear for much of my life. Sharing the details and diagnosis with family members alone can be daunting: sharing with friends, professional associates, and strangers is even more so.

Story Ideas

Sports Angle

CoachP is a nationally-recognized coach and mentor who was combatting her own mental health issues while achieving success at the highest level on the court.

Mental Health Angle

The topics raised in Secret Warrior present fresh and new insight into how friends, family and peers can assist and understand those who are struggling with their mental health issues.

Family Angle

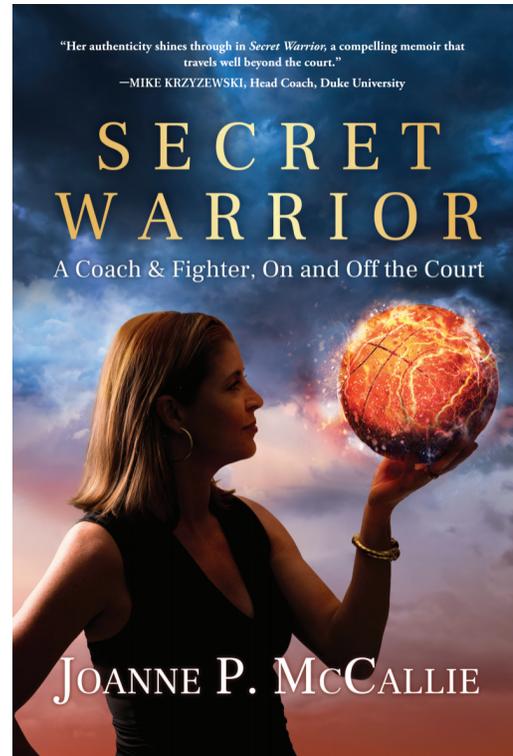
CoachP has achieved success in her career and as a mother, despite facing a variety of mental and physical health issues.

Advocate for Athletes Angle

As college athletics continue to be adversely impacted by the global pandemic, many athletes are facing uncertainties about their collegiate careers and can trigger questions about their mental health. CoachP can be a valuable resource, spokesperson and advocate for them in this arena.

Downloadable Photos

Click on image to download or
click here



Secret Warrior Book Trailer



**AVAILABLE
TO ORDER
NOW**

CoachP.org

Contact



Connect with Joanne P. McCallie

Email

Phone: 984-289-2260

Website: Coachp.org

LinkedIn

Twitter

Facebook

Instagram

Speaking Requests

