

CHOICES OF CHAMPIONS



**PAUL MEIER, M.D.
and JIM HISKEY**



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Choices of Champions: 8 Critical Decisions Winners Make to Power through Adversity

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"This [is] an important book because it's about making wise choices. [*Choices of Champions*] is not just for the athlete. It's for the teenager, the housewife, the teacher, the mentor, the businessman, or the stateswoman. The stories of Betsy King, Tiger Woods, Paul Bondeson, and Linda Armstrong Kelly not only warm the heart, but also have the power to change the heart. Once absorbed, these choices will become one of the greatest gifts you've ever given yourself. Give this book to someone you love or someone facing adversity, and it may well become one of the greatest books he or she will ever possess."

GARY PLAYER

Pro Golfer

"Paul Meier and Jim Hiskey have fashioned a remarkable tapestry of tragedy and triumph, pain and possibility, in the pages of this work. They teach us not only how to survive, but also how to thrive when the disappointments of life overtake us. This remarkable book will be a gift to many when dreams are crushed, ambitions frustrated, and goals unachieved. Read, cherish, and apply the timeless lessons of faithfulness, endurance, and perseverance contained in these wonderful pages."

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"Jim Hiskey and Paul Meier have packed *Choices of Champions* with life lessons on becoming a champion. We read of famous athletes and everyday people who made difficult choices which led to extraordinary lives, inspiring us to examine our lives honestly, make the necessary changes, and become champions as well. Read and be challenged by this gem of a book!"

FRANCINE RIVERS

Author

“Jim Hiskey has been my close personal friend for nearly twenty-five years. He is someone I trust completely and whose heart is as close to always being in the right place as a human being can get. His life as a competitor, father, husband, friend, and minister have given him the perspective necessary to write this book and provide what all men have a need to hear. I believe in Jim and what he stands for.”

TOM LEHMAN
PGA Tour Pro, Former British Open
Champion, and Ryder Cup Captain

“This is a deeply moving account of the life stories of individuals who overcame great obstacles—including severe accidents, self-destructive emotional illnesses, and even terminal disease—to make their lives meaningful and constructive. Many, but not all, are well-known athletes. Clinical insights into the resources they draw on—including their faith—make the book difficult to put down.”

ARMAND M. NICHOLI JR., M.D.
Clinical Professor of Psychiatry,
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“I could not put this book down! Each of the lively, compelling stories drives home the fact that the choices we make, large or small, shape our lives and have an impact on those within our spheres of influence. The fascinating encounters with ordinary people who make extraordinary accomplishments redefine for me the meaning of a champion. *Choices of Champions* is nourishment to the soul!”

DR. CHARLES BALCH
Professor of Surgery and Oncology,
Johns Hopkins Medical Institutions

“When Ken Blanchard and I wrote *The Mulligan*, we created a wise ‘Old Pro.’ My Old Pro is Jim Hiskey, who has been my spiritual and writing mentor for thirty-five years. Jim and Dr. Paul Meier have brilliantly conceived and written *Choices of Champions*. Anyone who reads these heart-moving stories and makes the choices of true champions will be elevated to new heights of life.”

WALLY ARMSTRONG
Former PGA Tour Player, PGA Life
Member, and Coauthor of *In His Grip*

“Everyone must read this book! It’s a masterpiece in a hundred pages. We all have dreams and long to be free, but we get so entangled in life that we lose our way. These stories will help you find your way back.”

ANN KIEMEL ANDERSON

*Author of **I’m Out to Change My World** and **Seduced by Success***

“The book is fascinating and enlightening. This book is a great example of becoming a champion in life.”

BERNHARD LANGER

*Two-Time Masters Champion and
European Ryder Cup Captain*

“Jim Hiskey and Paul Meier have written an uplifting book that tells the inspiring stories of those who are famous and those who are not. Whether you are a scratch golfer or have never picked up a club, you’ll enjoy this book.”

CHRISTINE BRENNAN

*USA Today Columnist and
Author of **Best Seat in the House***

Dedication

I would like to dedicate my portion of this book to my sisters and brother, Bettye Lasesch, Nancy Brown, and Richard Meier. They have stuck by me all my life, through good times and hard times, with deep love and emotional and spiritual support. Each has been an inspiration to me as I observed their dependency on God to tackle life's obstacles. They have become "champions"—very successful and productive people. Thanks, Bettye, Nancy, and Richard. I love you.

★ *Paul Meier, M.D.*

Valna Hiskey, my mother, was a champion of champions. Misdiagnosed and in and out of the state hospital in Blackfoot, Idaho, she battled manic depression for fifty years. My dad, Peter Hiskey, was counseled by his attorney to leave her. Before my father died, I asked him why he stayed.

"I love her," he said. "I will never leave her." He didn't either.

My older sister, Beverly "Nina," arranged for Mom to see a doctor in Santa Rosa, California, who said, "Valna has been misdiagnosed." He gave her a new medicine that allowed her to live the last twenty-five years of her life as a normal, happy woman.

My sister was and is a true champion. When Dad was working and Mom was in the hospital, she and my older brother, Sonny, raised my younger brother, Babe, and me.

Babe, our great little brother, turned out to be the best golfer in the family, winning three times on the PGA Tour. He was a champion in the world's eyes as well as ours. And last but not least, I remember my older brother, Sonny, who was killed while on active duty in the air force. He taught us all to be fighters.

I dedicate this book to all of these special people. All champions. The best family a person could ever have.

Joni Hiskey

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Gary Player

Choices That Changed My Life

I believe this will prove to be an important book. But before I say why, I'd like to take you to my home in South Africa and tell you about a few choices I made that changed my life.

I grew up in a poor family near Johannesburg. My dad was a good-natured, hardworking man. As a laborer for the Robinson Deep and Crown Gold Mine, he never earned more than four hundred fifty dollars a month to support our family of five.

Dad was a big, burly man, over six feet and two hundred pounds. His friends called him Laughing Harry because he had a boisterous laugh. He loved golf and played well.

My older brother, Ian, started me in golf when he whittled my first club out of a stick and taught me how to swing. But a passion for the game didn't come until Dad took me out to Virginia Park Golf Course for my first round. I parred the first three holes. I think I had sevens and eights in all the rest, but it didn't matter. After the first three, I was hooked.

Another passion was also born that day. I met a lass—the prettiest girl I'd ever seen—Vivienne Verwey, who was the daughter of a golf professional and a good golfer in her own right.

I'll say more about Vivienne later.

My mom was a gentle, loving woman who insisted on courtesy and good manners. Tucking me into bed each night, she taught me to pray. When I was eight years old, Mom died of cancer. She was only forty-four.

A short time after Mom died, Ian joined the army. My older sister, Wilma, went to boarding school and Dad worked long hours, so I was often home by myself after school. These were the loneliest moments of my life.

But I did make friends at school, and one day when I was fifteen, a few of us decided to jump into a compost pit about twenty feet by twenty feet in size. The pit looked like a sunken haystack, soft and fun to jump into. Fearlessly I took off headfirst, like a high-diver. The moment my head hit the leaves and grass, I heard a loud *snap!* Lightning-like pain shot through my shoulders and into my head, and that was the last thing I remember. I was out cold.

I woke up in the hospital with a broken neck. I was afraid that I might end up as a quadriplegic and that my dreams of ever playing golf were pointless. Fortunately, however, the damage was reparable and I was eventually able to return to the sport I loved.

I practiced hard and learned as much as I could from Vivienne's father, Jock Verwey. But I had a difficult time with my swing; I often hooked the ball to the left. People said I was too small and my golf swing was too poor for me to ever amount to anything in the golf world.

But both Dad and Ian admonished me never to give up. One day after a particularly bad day at the course, I said, “Dad, I don’t think I can become a champion. I’m too small. I can’t hit the ball far enough.”

My dad, though jovial, could be stern at times. This was one of them. “Laddie,” he said, “listen to me. That’s nonsense! It all depends on guts. *It’s what’s inside that matters. Not what’s outside!*”

Dad’s words and a movie I saw about this same time both had a great impact upon my life. The movie was the story of the greatest golfer in the world, Ben Hogan. Hogan was also a small man, about my size in fact, about five foot seven, one hundred fifty pounds. Hogan, too, had suffered a near-fatal accident, but he overcame both his size and the car accident to win more major championships than anyone who had ever lived up to that time.

As I walked out of the theater, I thought about what Hogan had accomplished. He had won the four major championships that make up the Grand Slam—the British Open, the Masters, the PGA Championship, and the U.S. Open. I knew then what I wanted to do with my life. *One day I will win those tournaments too*, I told myself.



Before I go on I would like to say something of the life-changing choices I made during my teenage years. As I reflect upon these years, I realize that I could have easily chosen to feel sorry for myself for losing my mother. Or for growing

up in a poor family. Or for not having the opportunity to obtain a college education. Or for the fact that I was small. But I chose to accept my father's advice and believe that *it's what inside that matters, not what's outside.*

My brother was a soldier in World War II, and he taught me the importance of weight training and the benefits of physical fitness. I followed his example and used weight training to overcome my strength limitations. At that time, most pro golfers believed that bulky muscles were more a deterrent than a help. I chose to believe otherwise.

After I saw the movie about Ben Hogan I chose to follow my passion and become the best golf professional in the world. But I also told myself that if I didn't succeed, I at least wanted to become the best that I could be. Like Ben Hogan I began to practice intensely, eight to twelve hours a day, and improvement came rapidly. Before long, I was competitive with other South African pros.

After I turned pro and made my first good paycheck, I made another choice. I was eighteen when I chose to marry Vivienne. She has now been my beloved mentor and faithful companion for five decades, as well as the mother of our six children and the grandmother of our eighteen grandchildren.



Let me fast-forward to 1965.

It was a hot, sultry day in St. Louis, Missouri. I walked toward the seventieth green of the U.S. Open at the Bellerive

Country Club with a three-shot lead. I was now twenty-nine years old, and I had already won the British Open, the PGA Championship, and the Masters Championship. Only one of the majors had eluded my attempt to fulfill the dream I had had as an eighteen-year-old: the U.S. Open. An official marshal walked beside me and tried to encourage me. "You've got it locked up now," he said.

"No, don't ever say that. Not until that last putt is holed," I replied.

He meant well, but his words broke my concentration. I still had the lengthy par-three sixteenth and two tough finishing holes to play.

I regathered myself as I teed off, but my shot veered to the right and buried in the bunker. I blasted well past the pin and three-putted. Just as I pulled my ball from the hole, I heard the crowds roar on the seventeenth hole. My closest rival, Kel Nagle from Australia, had birdied.

My three-shot lead was gone.

At that moment, I had an important choice to make. Would I feel sorry for myself, would I blame the official for my three-shot loss, or would I regather myself?

It will do no good to be concerned about what's past, I told myself. This is an opportunity to see what I'm made of.

I parred the next two holes to get in a play-off, and the next day, I won the championship.

My childhood dream had come true. I had followed Ben Hogan. I had completed the Grand Slam by winning the four major championships. I was the third person in history, and the first foreign player, ever to do so.

Strangely, however, during the months that followed, I felt there was still something missing. I met with my friend and fellow pro Jim Hiskey at the Philadelphia Golf Classic shortly after my Open win and shared what I was feeling.

“I’ve won every tournament I’ve ever dreamed of,” I said. “I’ve achieved all my goals, but I feel miserable. I have no purpose.”

Jim listened and explained that what I was missing was spiritual purpose. I began to meet with a small fellowship of pros on Tour including Jim’s brother, Babe; Paul Bondeson; Kermit Zarley; Dave Ragan; and Joel Goldstrand.

One year in Atlanta, Billy Graham spoke to our group. I stayed after the meeting and talked to Billy for some time. We became good friends, and over the years, he helped me discover a higher purpose in life.



In 1972, I was at the pinnacle of life.

Not only had I accomplished my childhood dream of winning the Grand Slam and married one of the finest women in the world, I also owned a home on one hundred acres of land. Zonnehoeve Farm, which is Dutch for “place

in the sun,” was located twenty miles from Johannesburg. We also owned Bellevive, a 1,500-acre studhorse ranch 250 miles north of Johannesburg. Vivienne and our children were all healthy and happy, and I’d just had one of my best years ever in professional golf.

At thirty-seven, I’d won eighty-six professional golf tournaments, six majors, nine South African Opens, and seven Australian Open Championships. I’d played golf with presidents, prime ministers, and CEOs of the world’s largest companies. I’d also been received by the queen of England and presidents of the United States and South Africa.

I had a strong sense that I was serving a higher purpose. I had given back my U.S. Open prize money to help fund junior golf and fight cancer. Lee Elder, the first black golf professional ever to play in the Masters, accepted my invitation to come to South Africa. Together we conducted a number of golf events to demonstrate reconciliation between our races. I had also provided land and financial resources for two new schools for black children only a few hundred yards from my home. I had never felt more meaning and joy in my life than at the end of 1972.

But in January of 1973, the floor caved in.

Doctors in South Africa discovered that I had serious kidney problems and recommended immediate surgery. It took four of our continent’s finest surgeons to repair the damage. The days that followed were the roughest of my life. After one week of lying in bed in agonizing pain, I doubted whether I would have any future in golf.

I yearned to leave the hospital and start practicing for the Masters in April, but my body was too weak to move. I hadn't missed the Masters in sixteen years, but doctors said I was not ready to play. Vivienne was expecting our youngest child at the time, and rather than lending her support, I could only receive consolation from her.

I thought a lot about faith, my purpose in life, my family, and what would happen if I couldn't play competitive golf.

During those three months I was determined to get well, but the days of my recovery seemed to drag. In early April I was finally able to begin a physical fitness program and felt a little stronger, but the gloom returned when the time of the Masters arrived. There I was in South Africa, barely able to move, let alone swing a golf club. Just the year before I had been confident that I could win again.

I realized that I might not ever play again. But almost as soon as the thought flashed across my mind, I remembered something that had happened twelve years earlier during the 1961 Masters Tournament. Tom Nieporte, my roommate, had given me a copy of Thomas à Kempis's *The Imitation of Christ* and asked me to read the chapter on adversity.

The words of Thomas à Kempis had reminded me of my father's advice that it's what's inside that matters. I had already come to believe that golf, as well as life, *was a journey in adversity*. But reading those words had reminded me that my adversities and trials were not what mattered most; what mattered was the way I reacted to them.

The next day I had won the tournament.

Looking back on that time, I realized that I wouldn't have won had I not chosen to accept adversity, face it head-on, and use it to motivate me to perform at a higher level.

By May, the gloom had disappeared. I returned to America and rejoined the PGA Tour. But as a result of my illness, I had lost much of my distance and was hooking the ball again. Even lessons from Jack Nicklaus and Lee Trevino didn't seem to help.

For the next seven weeks I persisted, but I played so poorly that there was no use going on. I headed back home, wondering if my career in golf was over. I spent the next month working on my ranch, chopping wood, getting plenty of exercise, playing with the children, and resting.

I now had another choice to make, a big one. I recalled that Bobby Jones and Byron Nelson retired early—gracefully. I found that I was happy on the farm, taking care of my growing stables of horses and having more time with my family. It would be no disgrace to retire.

But deep down I felt I could still win. I've made many choices in my life, but now in retrospect I believe this decision to accept adversity—in this case the surgery that brought me to the lowest level of my life—and see it as an asset was one of the most important choices of my life.

I chose not to retire, and I began to practice again.

Finally, I began to feel my strength and that familiar rhythm I had when I was playing at my best coming back.

I rejoined the Tour and shortly thereafter won the Southern Open in Columbus, Georgia, and the World Match Play in Britain.

When April 1974 arrived, I was ready for the Masters Tournament. I was grateful just to be playing. We never realize fully how much health and happiness mean until they are taken away.

Going into the last nine holes on the final day, I held a three-shot lead. Then Jack Nicklaus sank a fifty-foot putt for an eagle on the thirteenth hole to cut my lead to one. There are a hundred players I'd choose to have lurking behind me before I'd choose Jack Nicklaus! But on the seventeenth hole, my approach shot landed less than ten inches from the hole. A birdie, followed by a par on the last hole, secured my seventh major championship.



It has been a pleasure for me to write a few words at the onset of this book. I said earlier that I think this will be an important book because it's about making *wise* choices.

One of my favorite books is Proverbs, a book in the Bible written by Solomon for the purpose of helping readers become wise people.

Becoming a wise person results from wise choices.

As I look back on six decades as a professional golfer, I believe I never would have won nine majors on both the

regular and Champions Tours, and 163 PGA events worldwide, or been elected into the Hall of Fame had I not made the choices I did.

Choices mean change, and change is often difficult. Our bodies resist the difficult and crave the comfortable. When I first came to America, I knew I did not have the distance I needed to compete with power hitters like Arnold Palmer. I chose to improve my physical fitness. A few years later, I won my first Masters. I laughed when I read that one reporter called me “Golf’s Popeye.”

If you come to my office in Palm Beach, Florida, you will see framed on the wall “My 10 Commandments of Life.” The first one is probably the most important: “Change is the Price of Survival.”

If I have learned anything in life it is that. Choosing to change, as Tiger Woods has shown us in recent years, is the path to becoming a champion in sports or in life. You will read about Tiger’s changes on the pages that follow.

The choices I made as a teenager and in later years have shaped my entire life.

Obviously there was the choice to follow my passion and become the most fit and best golfer I could be. And the choice Vivienne and I each made to marry. There was the choice of following a higher purpose rather than just winning golf tournaments.

But the two less obvious choices—choosing to believe my dad’s advice that *it’s what’s inside that matters most*, and choosing

to accept adversity, face it head-on, and use it to motivate me to play better and live better—have been foundational for my life.

The other choices you will read about in this book are choices that can change a life. I've made them repeatedly.

This book is not just for the athlete. It's for the teenager, the housewife, the teacher, the mentor, the businessman, or the stateswoman. The stories of Betsy King, Tiger Woods, Paul Bondeson, and Linda Armstrong Kelly not only warm the heart but also have the power to change the heart.

Once absorbed, making these choices will become one of the greatest gifts you've ever given yourself.

Give this book to someone you love or someone facing adversity, and it may well become one of the greatest books he or she will ever possess.

A handwritten signature in black ink that reads "Gary". The script is fluid and cursive, with a large initial 'G'.

Pro Golfer

Introduction

Choices Make Champions

Tiger Woods had dreamed of winning the U.S. Open since he was in grade school. He hadn't won in four tries as a young pro golfer, but in 2000, he was leading the tournament when disaster struck. Pushing his approach shot to the third green, the ball was so deep in the wirelike rough grass that it took him three shots to hack it out. Then he three-putted for a triple bogey.

As he walked off the green, Tiger Woods faced a choice that great champions make. Would he get hung up on his failure, or would he be able to move on?

Rachel lay over the steering wheel of her black Ford Explorer thinking the crash should have killed her.

She, too, faced a choice. Life and death depended upon that choice. Would she confront the reality of her situation and make a plan to improve it? Or would she give up?

Linda was seventeen years old when she got pregnant. Her boyfriend told her she could have the baby but not him. She hadn't graduated from high school. Her parents were poor and couldn't support her. She had no one to help her if she chose to have the baby.

She, too, faced a choice, and that choice would define her life. Would she sink into self-pity, or would she turn her obstacles into opportunities?

Paul Bondeson was one of the most talented young men ever to swing a golf club. Years later a freak accident paralyzed him from the neck down. He was told he would never have use of his arms and legs again.

Paul had a choice to make that day, a choice that could make him one of the great champions of life. Would he move into despair and self-pity, or would he choose to see a higher purpose in his situation?

Some of these people are athletes. Some are not. But all are *champions*—because of the choices they made at key moments of their lives.

1

WHY READ THIS BOOK?

My patients know me as a doctor. My readers know me as the coauthor of *Happiness Is a Choice* and *Love Is a Choice*. But few people know that I'm a sports fanatic. Most Sunday afternoons I'm sprawled out in my lounge chair, drinking diet cherry Cokes and watching a PGA tournament.

A couple of years ago I was offered an opportunity to play eighteen holes with a man who had competed in these tournaments. Jim Hiskey is a life member of the PGA and a former college all-American golfer. I was like a ten-year-old on his first trip to Disney World. I'd never played golf with a pro.

My excitement wore off fast.

After four holes, I'd lost three balls. I couldn't hit any club except a seven iron, which I used to drive with. I was in pain.

On the fifth hole, Jim had mercy on me. He changed my grip.

When I gripped the club on the fifth tee, I thought it would fall out of my hands. But even though changing my grip felt wrong, Jim's knowledge of golf made me think his counsel was right.

I made a halfhearted choice: I'd change my grip even though I had little faith anything would be different.

After I hit my five wood about 250 yards on the eighth hole—something I had never done—I began to think there might be something to Jim's advice.

My attitude changed. Even though I thought the shot was somewhat of a fluke, I knew that if I was going to improve my golf game, I had a choice to make. I could stick to my old way, or I could change to this new, strange way Jim was proposing. He had been a PGA pro for forty years, and I believed he was qualified to help me. That day he became my golf doctor, and I chose to risk change. I played one of the best rounds of my life.

I've wanted to write a book on this subject for many years. I've always been fascinated by champion athletes and wondered how they attain their success.

I've thought a lot about a different type of champion too. In my work as a psychiatrist, I see people who face many obstacles—abusive backgrounds, eating disorders, personality disorders, and so forth. Some never change, but others amaze me by finding a way to improve their lives.

How do they do it?

After playing golf with former PGA Tour pro golfer Jim Hiskey and discovering that he, too, was a writer, I suggested that we coauthor this book. Jim has a passionate desire to help men and women, young and old, skilled and unskilled, and his golfing background gives him perspective on athletic success.

We met in Dallas shortly thereafter, and after two days of brainstorming, we came to these conclusions:

- Becoming a champion in life, not merely in sports, is what really matters.
- A champion can be defined as someone who has climbed a hurdle and reached greater heights in life. It's someone who recognizes his or her gifts and chooses to use them to help others. Being a champion has to do with finding a higher purpose in life.
- Everyone can win in life. Some people honestly feel as if they are losers. But everyone can make the wise choices that lead to winning in life. Sometimes they simply need help to see what those choices are.
- Anyone can become a champion in life, even people who believe they are locked into an impossible situation.
- We can learn important lessons by closely observing the choices made by champions.

This is a book of stories about champions.

Jim's stories highlight champion athletes—mostly golfers, but also athletes from other sports. My stories describe

some of the clients I've met in my years of counseling. Each story illustrates a choice that helped that individual overcome an obstacle and become a champion.

You, too, can become a champion. As Jim and I tell these stories, we hope you will consider how you can make similar choices. How can you overcome obstacles, discover your gifts, and live your life to its fullest potential? Will you decide to change? Will you make the choices of champions?

We have thoroughly enjoyed writing this book and have learned a great deal about making wise choices. It is our heartfelt hope that these stories will be enjoyable to you and will change your life as they have ours.

Paul Meier

Choices of Champions

- ★ CHAMPIONS CHOOSE TO ACCEPT HELP FROM OTHERS.
- ★ CHAMPIONS CHOOSE TO RISK CHANGE.
- ★ CHAMPIONS CHOOSE TO GET UP AND MOVE ON.
- ★ CHAMPIONS CHOOSE TO FIND A WAY.
- ★ CHAMPIONS CHOOSE TO FACE THEIR PROBLEMS HEAD-ON.
- ★ CHAMPIONS CHOOSE TO PERSEVERE.
- ★ CHAMPIONS CHOOSE TO CONCENTRATE.
- ★ CHAMPIONS CHOOSE TO SEEK A HIGHER PURPOSE.

About the Authors

Jim Hiskey

Jim Hiskey grew up in southern Idaho. Because his father was a golf course superintendent, Jim and his two brothers learned to play golf at early ages.

Jim won more than thirty amateur and pro golf events as well as three Idaho State Amateur Championships before graduating from the University of Houston, where he was named all-American and played on three NCAA championship golf teams during the years 1956–1958.

Jim is a former PGA Tour player and instructor. He has been a golf pro since 1958 and presently is a life member of the PGA of America. He has given golf lessons to members of Congress and heads of state, including the secretary general of China and the president of Bangladesh. He has also instructed many pros on the PGA and Senior PGA Tours.

While competing on the PGA Tour, Jim coauthored the book *Golf How?* with former U.S. Open champion Orville Moody, and for eighteen years, he served as editor of *Links Letter*.

Jim was the cofounder of the PGA Tour Fellowship and served in the role of an informal chaplain for more than twenty-five years. He helped start the Champions

Tour Fellowship and the College Golf Fellowship, as well as Student Leadership, Cornerstone, and the C. S. Lewis Institute, which grew out of his forty-year association with the National Prayer Breakfast. He has also been working with professional golfers to establish fellowships in all forty-one sections of the PGA.

Jim and his wife, Lorraine, have been married for forty-eight years and live in Annapolis, Maryland. They are the parents of three children and the grandparents of eight.

Paul Meier

Dr. Paul Meier is a nationally recognized psychiatrist and founder of the Meier Clinics, a national chain of counseling and day-program facilities that employ 140 psychiatrists, psychologists, and therapists.

Dr. Meier has authored and coauthored more than seventy books, including *Love Is a Choice*, *Happiness Is a Choice*, *Unbreakable Bonds*, and *Blue Genes*. He has hosted a live, national talk radio program for twenty years and is a frequent guest on numerous radio and television programs, including *The Oprah Winfrey Show* and Joyce Meyer's *Enjoying Everyday Life*. In addition, he has been interviewed on Radio Free Europe and has appeared in a French television documentary discussing Christian psychiatry.

Acknowledged as a pioneer in the integration of psychological and spiritual dimensions with physical aspects, Dr. Meier has taught at many universities and seminaries throughout the world. A well-known national and international speaker, he lectures on insight-oriented therapy and other related topics. Dr. Meier has been a guest speaker for the past three years at Awakening, an annual weekend retreat for business and political leaders to exchange ideas, examine trends, and learn from leading authorities and policy makers in a variety of fields.

Dr. Meier also served as a member of the Dallas Mayor and Dallas County Judge's Health Alliance.

Dr. Meier received his master's degree in cardiovascular physiology from Michigan State University and a medical degree from the University of Arkansas College of Medicine in Little Rock. He completed his psychiatry residency at Duke University Medical Center. In 1984, he obtained another degree from Dallas Theological Seminary.

In addition to his busy speaking and writing schedule, Dr. Meier treats patients at the Meier Clinics Day Program in Richardson, Texas. The Meier Clinics can be contacted toll-free at (888) 7-CLINIC. Visit Dr. Meier's Web site at www.paulmeiermd.com.

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Thank you all.

Paul and Jim

Resources

Your heart may have been touched by some of the stories in this book, including that of Linda Armstrong Kelly, Paul Bondeson, or Cynthia Rowland McClure. If you would like to help them or learn more about their work, you may contact them at:

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You may also be interested in Linda Armstrong Kelly's book, *No Mountain High Enough* (available at www.lindaarmstrong.com) or Cynthia Rowland McClure's book *The Monster Within* (available through Fleming Revell/Baker Book House, Box 6287, Grand Rapids, MI 49516-6282).

Notes

1. Luke 10:41-42
2. James 5:16
3. Matthew 5:4
4. Proverbs 24:16
5. Some readers will be aware of the medal controversy that erupted soon after Paul Hamm's victory at the Olympics. The Korean bronze medalist's parallel bars routine was given a start value that was 0.1 too low. If that error had been caught in time, he would have won gold and Paul would have won silver. However, all the review panels agreed that Paul should keep the gold medal, and the scoring controversy certainly doesn't negate his incredible comeback.
6. Romans 3:23
7. Psalm 103:12
8. Linda Armstrong Kelly, *No Mountain High Enough* (New York: Random House, 2005), 181–82.
9. Psalm 32:5
10. John 8:36
11. Philippians 3:13-14
12. Hebrews 12:1-2
13. Galatians 6:9
14. Jeremiah 29:11, NIV
15. John 10:10
16. 2 Corinthians 12:7
17. 2 Corinthians 12:9, NIV
18. 2 Corinthians 1:3-4, NIV
19. 2 Timothy 4:7