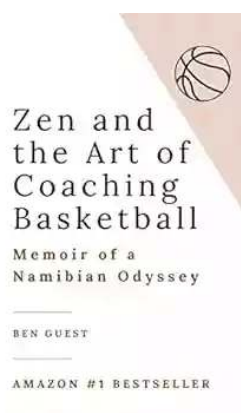


Memoir Of Namibian Odyssey - Unforgettable Experiences and Untold Stories

The Namibian Odyssey is a transcendent adventure that takes you on a remarkable journey through the rugged landscapes, breathtaking dunes, and vibrant wildlife of Namibia. This memoir captures the essence of this extraordinary expedition, filled with captivating stories and unforgettable experiences that will leave you longing for more.

Embark on an immersive voyage as we dive into the heart of Namibia - a country known for its awe-inspiring beauty and rich cultural heritage. From its vast deserts to its sparkling coastlines, this African gem offers a kaleidoscope of landscapes that will leave you in awe.

The memoir begins in the heart of Windhoek, the vibrant capital city of Namibia. Here, you will find a fusion of modernity and traditional African charm. Explore the bustling streets, visit the local markets, and indulge in the savory flavors of traditional Namibian cuisine. As the memoir unfolds, the narration takes you deep into the Namib Desert, the oldest desert in the world.



Zen and the Art of Coaching Basketball: Memoir of a Namibian Odyssey by Ben Guest (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 917 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 172 pages
Lending	: Enabled
Paperback	: 150 pages

Item Weight : 8 ounces
Dimensions : 6.69 x 0.29 x 9.61 inches



Prepare to be mesmerized by the towering sand dunes that span as far as the eye can see. As the sun casts its golden hues on the dunes, you will witness a spectacle that words can hardly describe. The memoir delves into the adrenaline rush of sandboarding down the steep slopes and the exhilaration of conquering these majestic formations.

In this memoir, you will encounter the enchanting wildlife that thrives in the Namibian wilderness. The Etosha National Park, a haven for animal lovers, becomes a prominent chapter of this extraordinary tale. Witness the graceful movements of elephants, lions, rhinos, and myriad other species as they roam freely in their natural habitat.

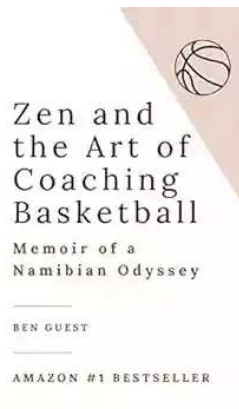
Along the Atlantic coastline, where the desert meets the ocean, you will find the remnants of shipwrecks and seals basking in the sunlight. Explore the captivating allure of Swakopmund, a coastal town that effortlessly blends adventure and tranquility. From quad biking through the desert to dolphin cruises, this town offers exhilarating experiences that will leave you with memories to cherish.

The memoir of this Namibian odyssey wouldn't be complete without a visit to the Himba tribe. Witness their traditional way of life, characterized by their distinctive red attire and intricate jewelry. Discover the close-knit communities that thrive amidst the vastness of the desert, and gain a profound understanding of their rich cultural heritage.

Throughout the memoir, you will encounter personal anecdotes and reflections that offer a poignant glimpse into the author's own transformation during this remarkable journey. It serves as a reminder that travel is not merely about the places we visit, but the connections we make and the lessons we learn along the way.

As you traverse through the pages of this memoir, you will be inspired to embark on your own Namibian odyssey. You will crave the taste of adventure, the feeling of sand beneath your feet, and the warmth of the Namibian sun on your face.

This memoir of the Namibian odyssey is an invitation to experience the magic and wonder of a land as diverse as its people. It serves as a vivid reminder that the world is full of hidden gems waiting to be discovered, and that our own personal odyssey is but a chapter in the grand narrative of life.



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I was hooked from the start. A terrific read of the can't-put-it-down variety! - Andy Clayton, Daily News

A modern day Hoosiers where reality trumps what even the most talented writer could dream up. - Andrés Alvarez, Box Score Geeks

Pressure plays, buzzer-beaters, and mindfulness meditation: A team of teenagers goes for the championship in Namibia's professional basketball league.

Ben Guest takes a high school coaching gig on the other side of the world. On the first day of practice one of the ten players can't complete a simple defensive slide. Follow their journey over two seasons as the team loses a heartbreaker in the high school league championship game and then takes their talents to Namibia's professional league, the KBA.

Guest models a different way of coaching: meditation, team-led decision making, and surrendering to what is. This expertly-told memoir includes cameos from Coach K and Bob Knight, and a detour through the Mississippi Delta, until we find ourselves on the biggest stage of Namibian basketball: The KBA Finals.

When you got nothing, you got nothing to lose...

Ray LeBov, Editor-in-Chief of Basketball Intelligence, calls reading the book, "A magical experience!"



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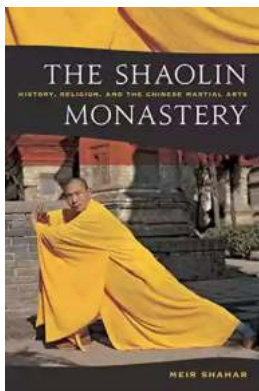
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