

## Women's Basketball

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### Coach G's novel plan: Kathleen Nash

Kathleen Nash and Gail Goestenkors discuss 'The Traveler's Gift' by Andy Andrews.

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Every year, Texas Women's Basketball coach [Gail Goestenkors](#) hand-picks reading selections for all of her student-athletes. Goestenkors carefully connects each one to the individual, choosing books that can educate and inspire -- and impact the Longhorns on the court, and in life.

Throughout the season, TexasSports.com will visit with Goestenkors and the Longhorns to learn about the books that were read, and what everyone learned through the process.

#### **Kathleen Nash**

Coach G gave me *The Traveler's Gift* by Andy Andrews. The book goes through seven decisions by successful people that helped to determine their success. I really enjoyed reading this, and a few of the lessons really stood out to me.

Here are a few of my favorites:

Anne Frank -- "Today I will choose to be happy." She taught me that we should be grateful for everything we have. People follow those who have enthusiasm, and happiness is really only a matter of choice.

The Archangel Gabriel -- "I will persist without exception." I learned that we need to continue despite exhaustion, focus on results and have faith. Believe in the future that we cannot see.

Harry Truman -- "The buck stops here." This is all about accepting responsibility for your past, and knowing you are responsible for your own success in the future. Make decisions and stand by them -- don't "pass the buck" to someone else.

#### **Gail Goestenkors**

This book has so many great quotes from different eras of time, from visionaries. One that I really liked was Christopher Columbus, and his vision. He could see something and visualized something that wasn't there yet. He visualized a new land.

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For Kat, I want her to visualize success for herself and this team. I want her to understand how good she can really be.

It's one of my favorite books, because there are so many lessons to be learned throughout the book.

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