

# PRINCE DANIELS, JR.

author & entrepreneur



Prince Daniels, Jr. is a former NFL running back turned practitioner of mindfulness and meditation, author and entrepreneur who lives by the mantra: "Nothing is impossible unless you truly believe it is." His personal story is one of determination and a true-to-life testimony that anything is possible.

Daniels' football career began as a walk-on for the Georgia Tech Yellow Jackets. His coach told him that he'd never play college football, let alone make it to the NFL. He not only played, but he became a two-time all-conference tailback and the fourth-leading rusher in Georgia Tech history, with 3,300 yards. He was selected as a two-time All-Academic All-ACC student-athlete, and in 2004 Daniels ran for a still existing NCAA bowl game record of 311 yards and four touchdowns at the Humanitarian Bowl. The NFL's Baltimore Ravens drafted Daniels in 2006, playing for three seasons until his career ended prematurely in 2009 due to injury.

Using meditation as the tool for recovery from his depression and loss of identity, he found his calling of helping professional athletes find their vision and purpose in the game beyond the game, life. Daniels' new book, *Mindfulness for the Ultimate Athlete: Mastering the Balance Between Power and Peace*, helps athletes reach the highest level of their game. From an athlete who realized his dreams of playing in the NFL and going on to live a thriving and purpose-driven life, Daniels's message is nothing short of inspirational.

## HIGHLIGHT VIDEOS

[Game Beyond the Game 2-Day Event Highlights](#)

[About Game Beyond the Game](#)

[Talk that Talk with former NFL player Rob Sims: Life after the Game, How To Pursue Your Passion](#)

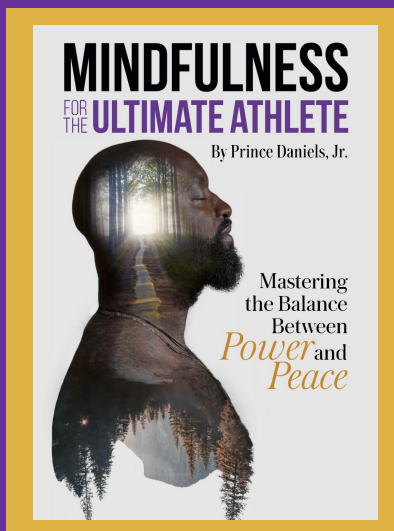


## GET IN TOUCH

Sales, Booking: **Leybelis Padilla**  
info@princedanielsjr.com

Press Inquiries: **Kristen Wright Matthews**  
kristen@gamebeyondthegame.com

## COMING FALL 2020



## TALKING POINTS

- Physical, mental and spiritual benefits of meditation for athletes
- Meditation and mental health
- Emotional intelligence and coping with racism & injustice in sports & life
- Living with a purpose and vision and having the mindset to see it through
- Mastering the balancing Between one's Power and Peace

## BOOK DESCRIPTION

An infinitesimal difference exists between being a good athlete and being a great one, a difference so tiny it's easy to overlook. This book helps you jump that gap and take your game from ordinary to extraordinary. You can take your game to the highest level you can imagine—to the ultimate level—but first you must achieve a balance of inner Peace and external Power. In this book, former NFL running back Prince Daniels Jr. shares with you the path to unlocking your true potential as an athlete through the practice of mindfulness and meditation. He shows you that by applying these practices diligently, you can overcome all the noise and programming that keep you from attaining your goals.

When you cultivate not only your body but also your mind and spirit, your entire self functions as an integrated whole, allowing you to access "the zone"—where there is only the present moment and effortless action. When your spirit moves you, everything just seems to click. In this space of enhanced confidence and focus, you discover that anything is possible because you truly believe it to be. Why take your game to the next level when you can take it to the highest level? To the ultimate level?

## GAME BEYOND THE GAME

Game Beyond the Game is a platform created by former NFL Running back, Prince Daniels Jr., to help athletes create a sustainable life of purpose after the Game. It provides a haven with open communication lines for current and former athletes to share experiences to support and inspire one another.

## TALK THAT TALK

Talk that Talk is a series of candid conversations with current and former professional athletes to engage, inform, and empower athletes to find their purpose. Prince and his guests discuss personal experiences of transition out of the game and address sensitive topics like current social and cultural issues. We all have a story to tell. What's yours?

 [@gamebeyondthegame](#)

 [@gamebeyondthegame](#)

 [@gamebeyondthegame](#)

[www.princedanielsjr.com](http://www.princedanielsjr.com)