

SURGEON. AUTHOR. SPEAKER.

VISIONARY. OPTIMIST. LIFE ENTHUSIAST.

Get to Know Dr. Bert Mandelbaum

Dr. Bert Mandelbaum loves sports. And he loves life. So it's no surprise he thinks the two are one and the same. After all, we are all players in the sport of life and the life of sport.

Whether staring down a treacherous ski trail from the peak of a mountain or swimming alongside a great white shark in the depths of the ocean, Dr. Mandelbaum is passionate about living every day to the fullest. His goal in life is to help others do the same, no matter what inspires that passion.

Guided by nearly three decades as an orthopedic surgeon treating thousands of patients from all walks of life, Dr. Mandelbaum has identified a common link among those who are able to overcome mental and physical adversity in search of victory, whether in sports, in their profession, or in their personal life.

That link can be distilled into a simple truth: in order to truly win in anything, we must draw on the inner victorious spirit that is the birthright of every human being. That's pretty easy to say, but hard to execute.

Thankfully, Dr. Mandelbaum has written *The Win Within: Capturing Your Victorious Spirit*, a roadmap to victory in life. In it, he explains how the ability to succeed comes from a powerful spirit that dwells inside everyone. He also chronicles, through exciting and thought-provoking firsthand narratives, how to unleash that spirit.

The Win Within is the newest addition to Dr. Mandelbaum's impressive collection of writings; he's written countless clinical research papers and is highly sought-after as a motivational speaker. He understands the power of both the written and spoken word, and he tells stories in a way that's simultaneously entertaining and instructive. *The Win Within*—his first foray into book authorship—puts his acumen for prose on great display.

In addition to his writing prowess, Dr. Mandelbaum is known throughout the world as a leading expert in the diagnosis and treatment of orthopedic conditions, especially those related to the knee. He makes his practice, and his home, in sunny Santa Monica, California, where he enjoys many accolades and distinctions, as well as respect from his medical colleagues.

Combining his love of sports and medicine, Dr. Mandelbaum's expertise is sought by some of the world's most prestigious athletic organizations including Major League Baseball, the Fédération Internationale de Football Association (FIFA), and Major League Soccer, among others. Most recently, he served as a FIFA medical officer at the 2014 World Cup in Brazil, following service as team physician for the U.S. Men's National Soccer Team during its five previous World Cup appearances. Dr. Mandelbaum



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also served as Chief Medical Officer for the 2015 World Special Olympic Games in Los Angeles as well as Chief Medical Director for the 2016 Copa America Centenario and CONCACAF.

And then there's the most important aspect of Dr. Mandelbaum—to know him is to know his love of family. He's been married for more than twenty years to his wife, Ruth, a family physician, and the couple has three children: Rachel, Jordan, and Ava. He credits his success in life to his strong, supportive, and comforting family.

Within The 'Win'

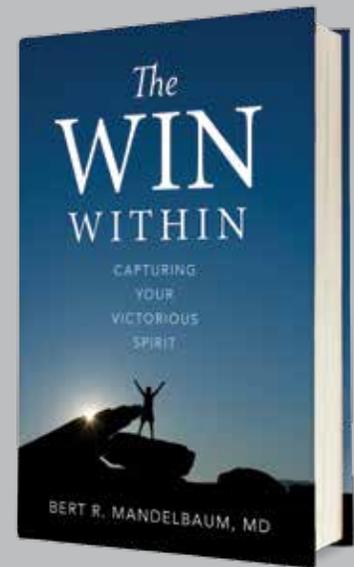
*The goal of **The Win Within** is to teach readers about the victorious spirit that drives elite athletes to attain physical and mental greatness. Dr. Mandelbaum discusses these tools in a way that shows they aren't mysterious—and that anyone, athlete or not, can benefit from them.*

Readers will hear stories about . . .

- How David Beckham rapidly recovered from a torn Achilles tendon prior to back-to-back L.A. Galaxy championships.
- How the underdog U.S. Men's Soccer Team used optimism as a tool in the run-up to Landon Donovan's ninety-first-minute goal to get to the second round of the 2010 World Cup in South Africa.
- The inspiring journeys of Olympic athletes Tim Daggett and Cliff Meidl, both of whom refused to give up when devastating physical setbacks threatened to take them out of the sports they loved.

The best part of Dr. Mandelbaum's learning process is that there's nothing to buy, nothing to obtain, no further equipment to acquire, and no complicated process to learn. Readers simply have to discover and nurture the victorious spirit for themselves—and find their win within. On that journey, they will learn that . . .

- Good health and the feelings of greatness in life can be achieved by anyone.
- Anyone can uncover his or her inner athlete and capture the victorious spirit that's inside.
- Everyone can be a victor. All it takes is struggle, forward movement, and a refusal to give in to inertia and despair.
- There are five areas of life that super-performers focus on to access their win within. Anyone can tap in to the same power, use it to thrive in every area of life, and become his or her own most valuable player.



PRAISE FOR THE WIN WITHIN

"The Win Within brought me to tears and filled me with hope. Dr. Mandelbaum is at heart a healer. He not only mends broken bones but, with this book, heals the mind. It is a must-read."

—Hank Steinbrecher, Secretary General, US Soccer 1990–2000

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“I know these principles work because I’ve seen them in play firsthand—not just in my patients but also in myself.”

—Dr. Bert Mandelbaum,
from *The Win Within*

More About The Author

Dr. Bert Mandelbaum received his medical degree in 1980 from Washington University School of Medicine in St. Louis. He completed his residency in orthopedic surgery at the Johns Hopkins Hospital and completed a fellowship in sports medicine at the University of California Los Angeles, where he also served as a faculty member from 1986 to 1989 before going into private medical practice.

He serves as the director of both the Sports Medicine Fellowship Program and the Research and Education Foundation at the Santa Monica Orthopaedic and Sports Medicine Group. He is also the co-chair of medical affairs for the Kerlan-Jobe Institute, an affiliate of Cedars-Sinai, in Los Angeles.

Dr. Mandelbaum has served as team physician for numerous collegiate and Major League Soccer teams, as well as for the U.S. Soccer Men’s National Team. He currently serves as medical director of the FIFA Medical Center of Excellence in Santa Monica, as director of research for Major League Baseball, and on the US Olympic Committee National Medical Network Advisory Group.