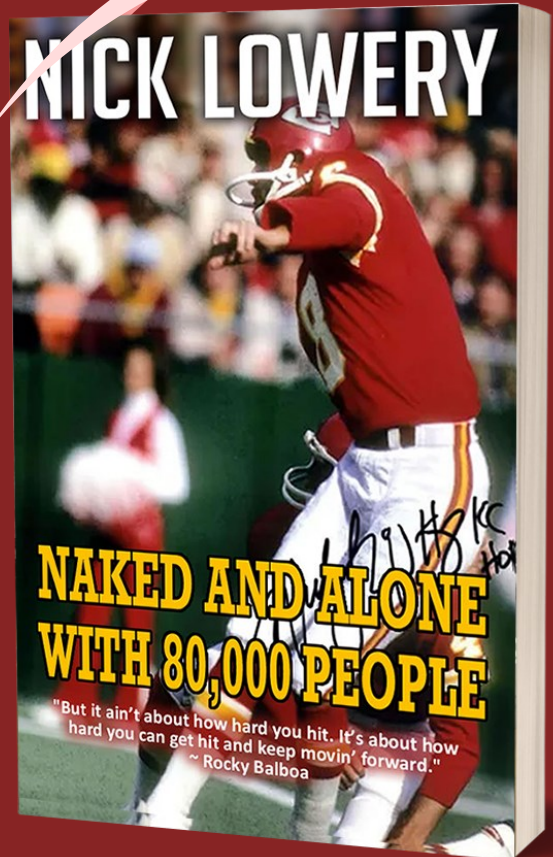
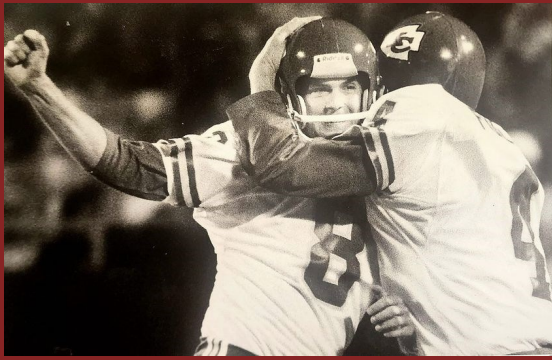


NAKED AND ALONE WITH 80,000 PEOPLE



The New Book By NFL Great, Nick Lowery

eBook Sneek Peek



NAKED AND ALONE WITH 80,000 PEOPLE

How to confront, embrace and devour your moments of truth. The most accurate kicker in NFL History, Kansas City Chiefs Hall of Famer, Dartmouth and Harvard Fellow and staff to 3 United States Presidents helps you seize your moment and make it your own.



To anyone and everyone who has a dream, anyone who has been rejected, endured failure, criticism, or humiliation, and has chosen to dive right back into the messy, beautifully chaotic dirt of life. To the truth, power, love and light found in the dirty fingernails, muddy stains – and pure hearts - of life.

Introduction - A Kick of Faith

Millions on television and thousands of Kansas City Chiefs fans in the stadium watched as I trotted out to kick the game-winning field goal . I had come so far. So many rejections, so many trials, so many doubts, so many people to thank (and so many people to forget who didn't see me as NFL material). But I didn't want to forget them – they fueled my passion. They challenged the very nature of my identity. How I saw myself. They stoked an anger but also my focus. They stoked a competitive resilience with their inability to see that I WAS that good. **Maybe only I could see it.** Maybe only I had the vision to see past the thousands of footballs I had kicked, thousands of hours training, see past the whoosh of my right leg stroking the ball towards a target only I could see. Because in the end, only I had to see, only I had to feel the connection to that target between and beyond the goalposts. We all have our own 'goalposts.' What are yours?

Doubt = Fuel

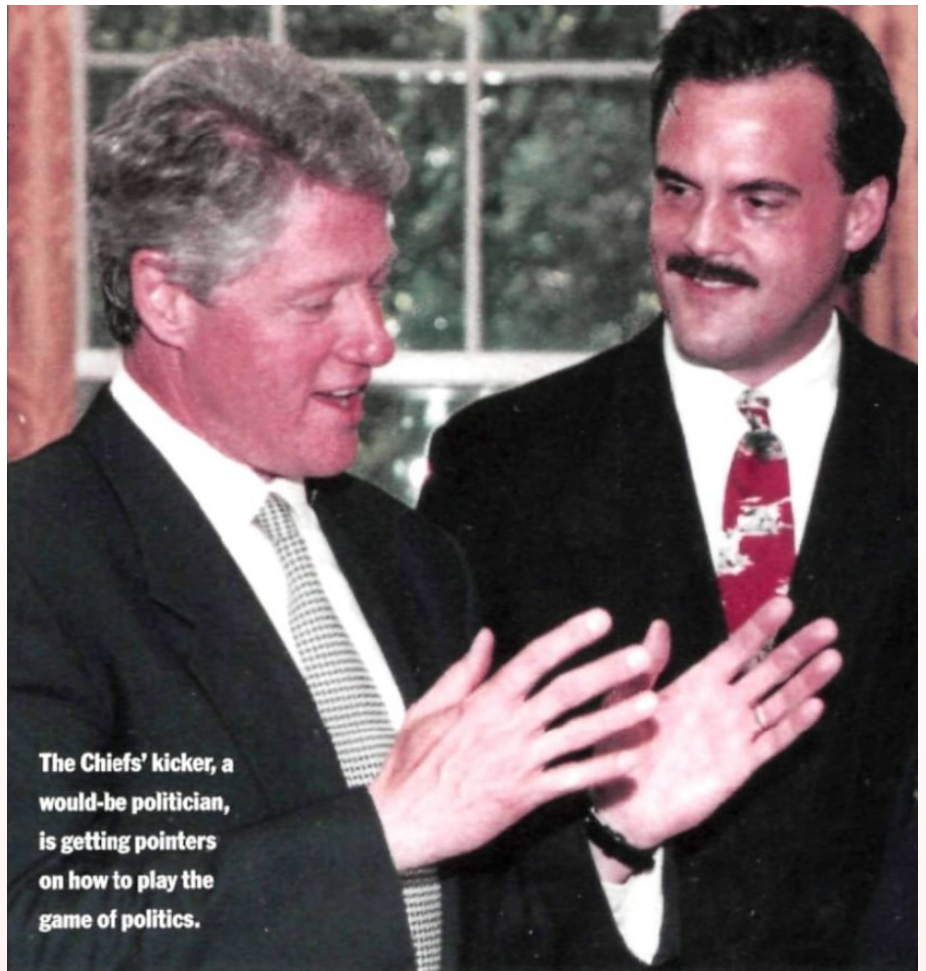
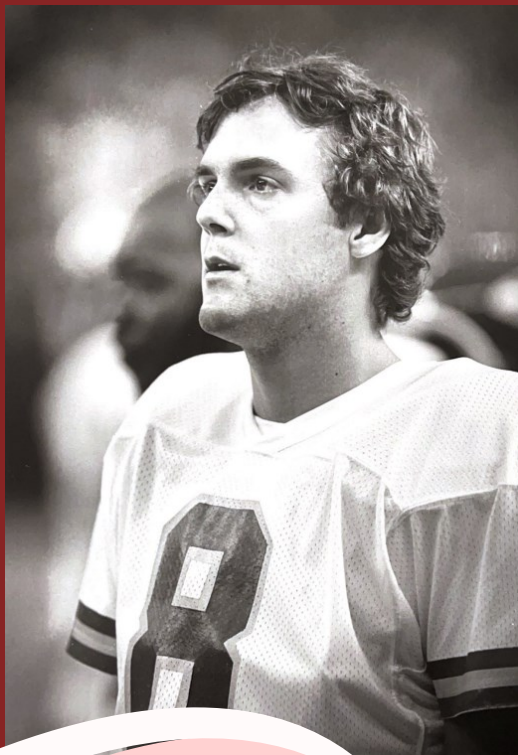
What makes someone not give up? What makes someone know in their heart there is more in the tank, more that has not been mined, more gold in deeper soil? Only rejection pushes us to question our limits. It was those **NO's** that made me question everything. So, I made doubt my friend. I used doubt to keep pushing. Because unlike the other positions on a football team, the kicker is on his own island, and very few can relate. **"He's not a real football player!"** Well, he IS an expert at the fine art of handling pressure corkscrewed into 1.27 seconds... He's like Luke Skywalker, with Obi-Wan Kenobi exhorting him to close his eyes and **"Feel the force, Luke!"**

Our Father's Dreams

Delight in the uncertainty
It's life

Celebrate His enormity
Amidst the challenges and strife
For our humility
Is found in the mountains
We climb
That speak to our spirit
and divine wisdom's incline

Know that eternity
Is a temperature
Of the soul
Hotter than forest fires
Cooler than endless streams
T'is the music we hear in our
heart
Or better, in our Father's dreams
For His "*is*" dwarfs our "*seems*"



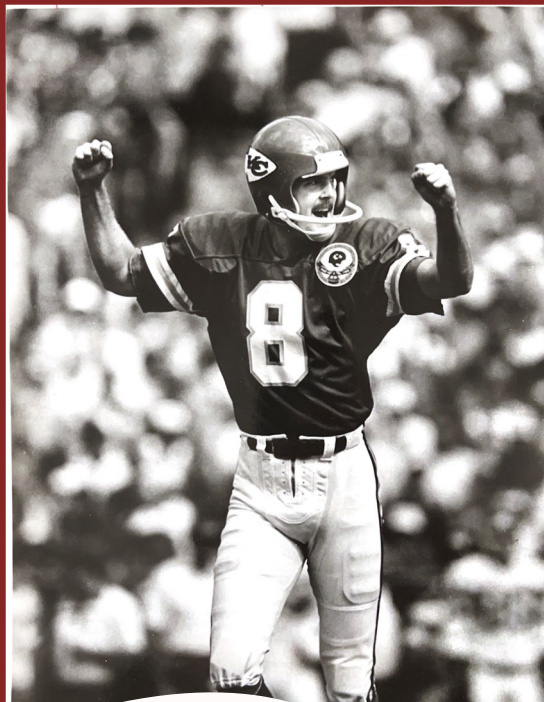
The Chiefs' kicker, a would-be politician, is getting pointers on how to play the game of politics.

Lessons in Discipline and Preparation

Some initiations are a day, some a week – some years. **This book is how I went from reject to beating out the greatest kicker in the history of the NFL and shattering all of his kicking records in 2 years.** Every day as an initiation – a new birth into the healthy discomfort and butterflies of feeling fully alive. Every day a dance with voluntary adversity. There I was, fresh from Jack Lambert telling me (no Obi-Wan Kenobi for sure) that ***“you better make the kick or I will rip your fucking head off”***... trusting the discipline the way champion athletes trust the thousands of hours of preparation practicing like a real game. They welcome the healthy pressure of the true craftsman. I can hear my mentor Dick Johnson's voice, my own Obi-Wan Kenobi, encouraging and challenging me all at once. The unspoken in everything that Dick ever gave me was that **IF I DO MY PART, GOD WILL HANDLE THE REST.**

Epigraph

For Friendship's gifts
Are sweet sailing ships
That cast us into dulcet waters
Lit by Life's full eclipse
Where old scars heal
Under a benign light
And we write our own heroic scripts



Triumph and Reflection

I kept my head down, perfect snap, the five fingers of the line protecting as one glove (including Steelers intimidating *Steel Curtain* Captain Jack Lambert protecting my left side from would-be kick blockers), my holder Steve Largent (some of the surest hands in NFL history had dropped the PAT snap earlier) was sure and my kick was true. Ornerly SOB one moment, Lambert ran over and almost broke my ribs hugging me, not letting go for a full minute as my AFC Pro Bowl teammates ran on the field to celebrate. ***I learned a lesson that day:***

*Sitting on my locker stool, after talking to the reporters and cameras and high-fiving teammates. Happily tired from 3 hours in the sublime Honolulu, Hawaiian sun, and as my Pro Bowl teammates were leaving the Aloha Stadium locker room, it suddenly hit me – **That's it?!***



The Weight of Success

What was I going to do now after the game? What's missing? Who was there in Honolulu to hug and celebrate with? Someone that knew what this really meant, that really knew me? Who could I share this with? Who would have been there no matter what? Who could I grab dinner with, tell stories with, do a shot of *El Bandido Yankee Tequila* with, laugh with, cry with? Who was there who could see this in the context of the full life that led up to this sweet moment? Who would have accepted the twin imposters of fame and ignominy with equal joy and humility?

Lost in the desert

When will we hear the savage ocean
Where lives the finer devotion
When will we kneel before Him
Knowing we are imperfect
But perfected on bended limb
When will we hear the waves crashing
And know it is His power within?



The Journey Begins

The journey begins with a single step. As I reflect on that pivotal moment in my early career, I realized that success is not just about achieving goals, but also about the relationships we cultivate along the way. My journey from rejection to triumph taught me the value of perseverance, discipline, and faith. Each setback was an opportunity – and inner statement - to grow stronger and dig even deeper. And as I embarked on my NFL career, I carried with me these lessons learned from moments of rejection, doubt and uncertainty. In the chapters that follow, I invite you to join me on a journey of self-discovery and personal growth, where we explore the power of determination, the importance of community, and the transformative potential of faith. My goal is to refresh your spirit while aligning your discipline with your own goalposts that touch your soul!

The Washington Post

Wednesday, November 25, 1981

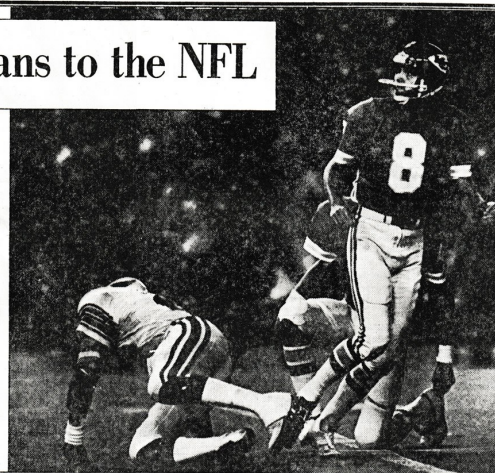
SPORTS/BUSINESS

Basketball/Racing D1

Nick Lowery: St. Albans to the NFL

By Michael Wilbon
Everybody used to tease Nick Lowery. At St. Albans School, they called him a crazy guy because he carried portable goal posts in his car. In college, they called him "Twiggy" because his legs were skinny. In the pro football camps, they called him a three-piece-suit, Ivy League guy.
But now, in his second year with the Kansas City Chiefs, most people call Nick Lowery one of the best place-kickers in the National Football League.
Lowery, who grew up in McLean and attended Dartmouth, is the leading scorer in the NFL. He has 99 points and is fourth in the league in field goal accuracy, one of the major reasons Kansas City is 8-4 and tied with Denver for the AFC West lead.
"I try not to think about the success we're having," Lowery said yesterday in a telephone conversation from Kansas City. "I know it's great and fantastic. But there's enough pressure without thinking about that specifically. I know we will make it to the playoffs."
Three years ago, Lowery was only concerned with making the team. Any team.
He was never drafted after graduating in 1978. He tried out with seven pro teams and was cut by all of them, including the Redskins twice in one week during the 1979 season. Then he tried out with Kansas City last year and caught on, although he initially encountered hard feelings

among several veterans because he was replacing the legendary Jan Stenerud.
That ended when he made 20 of 26 field goal attempts last year and 22 of 29 so far this year, including 16 of 18 inside the 40-yard line. Last year, his 57-yard field goal against the Seahawks was equal to the longest of the NFL season (Fred Steinfurt of the Broncos also kicked a 57-yarder). This year, Lowery's best effort is 52 yards.
But Lowery knows there is no job security in kicking. "So many guys are flash-in-the-pan who have one good year and that's it," Lowery said. "I don't want that to happen. I think I can get better. I really do."
Lowery's childhood was unlike that of most NFL players. His mother, Harz, once coordinated the Fulbright scholars program in London. His father, Sidney, spent a career as a European affairs analyst for the State Department. Nick, who was born in Munich, spent part of his youth in Europe. He also lived next door to Supreme Court Justice Byron White, and went to Dartmouth after graduating from St. Albans in 1973.
The Ivy League jokes don't sting any more, and nobody calls Lowery "Twiggy" because his right leg is one of the strongest of any kicker in the league. But not much else has changed. He still comes home every spring and practices the basics of kicking on St. Albans Field with his tutor, Dick Johnson, 73, a retired stockbroker. He has
See LOWERY, D3, Col. 1

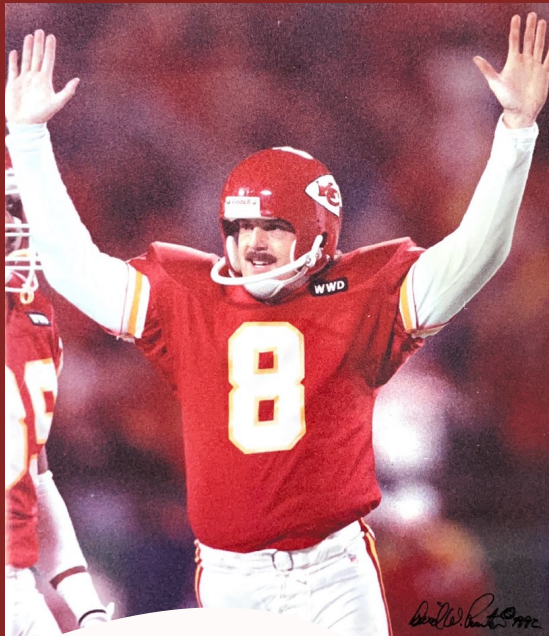


LET ME BEGIN by sharing with you how I define success. It is a step, a choice you must at some point make, and I hope what I have to say and have experienced will help you to discover your own excellence and success deeply rooted in sharing your gifts. Some of us jump up and down after the game-winning field goal, and others act like it never happened, but real success is achieved by acting like and behaving like you have been there.

Naked and Alone with 80,000

Luminescence

Beauty is found in rare spots
Places that tie our hearts in knots
In Spaces that our soul needs to grow
On Faces that smile with what they
 have come
 To know
That knowledge within
 And better, wisdom
Comes from a luminous fountain
 That lives at our core
An eternal source of magnificence
 Because it is more
 Than mere beauty
 If we are lucky,
 If we look beyond
The hardened shells
 And dried up wells
We learn the distilled truth
 That our soul tells
That if we let it breathe
 And if we drink of it
 It is our essence



The Rejections

12 is one of my two favorite numbers (I wore #8!) Eleven times told I wasn't good enough to play in the NFL. **11 vs 12** – the whole story: 12 apostles – 12 parables of living. Each rejection stung, cut me to the core, but instead of giving up, I used them as fuel to prove the doubters wrong. To go from imposter to leading man of my own purpose. And **I noticed that each time getting back up it stung that much less.** I spent endless hours honing my skills, pushing myself to the limit, and never losing sight of the ultimate goal. Getting used to feeling Naked and Alone with 80,000 people watching and remembering everything you do takes time! And when the opportunity finally came, I was ready. My journey from rejection to acceptance taught me the primal value of perseverance: it's a lesson I want you to carry with you like an NFL football – and never fumble.

The Triumphs

It wasn't all struggles and setbacks. Along the way, there were great triumphs too. Moments of glory becoming the most accurate kicker in NFL History and leading scorer in the History of the 4-time Super Bowl Winning Kansas City Chiefs. They made all the pain, hard work and sacrifice worth it. From making the game-winning kicks to being inducted into the Chiefs Hall of Fame, each triumph was a testament to dedication and determination and **listening to amazing role models, mentors, coaches, teachers and professors that both goaded, enlightened and inspired.** For while the victories on the field were sweet, it was the relationships forged and the timeless lessons learned that define my journey. In the pages ahead, I'll share some of those triumphs with you, and hopefully inspire you to pursue your own dreams with passion and perseverance. No one knows what you were willing to do to be great – but you will!

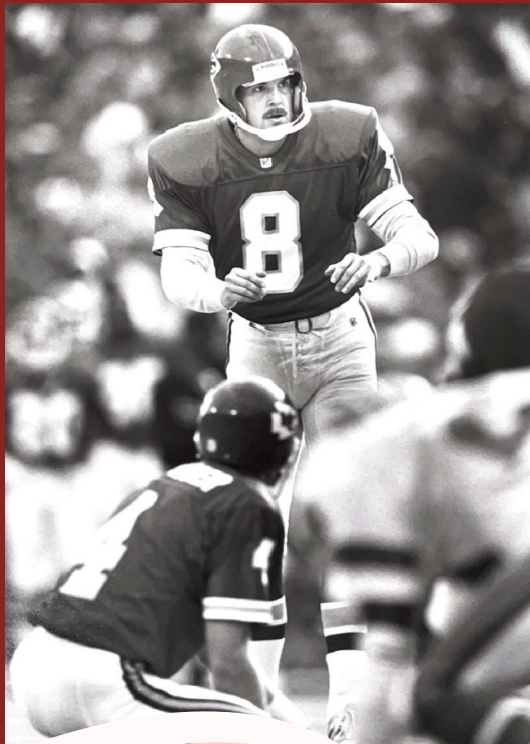
"But it ain't about how hard you hit. It's about how hard you can get hit and keep movin' forward." ~ Rocky Balboa

Remember the light that boldly lives
Inside the heart that freely gives
More
Even as it stumbles
Remember that flowing gratitude
From a divine attitude
of forgiving wisdom
For we are our own garden
We plant our own seeds
And the divine water of goodness

Flows from Life's flowers

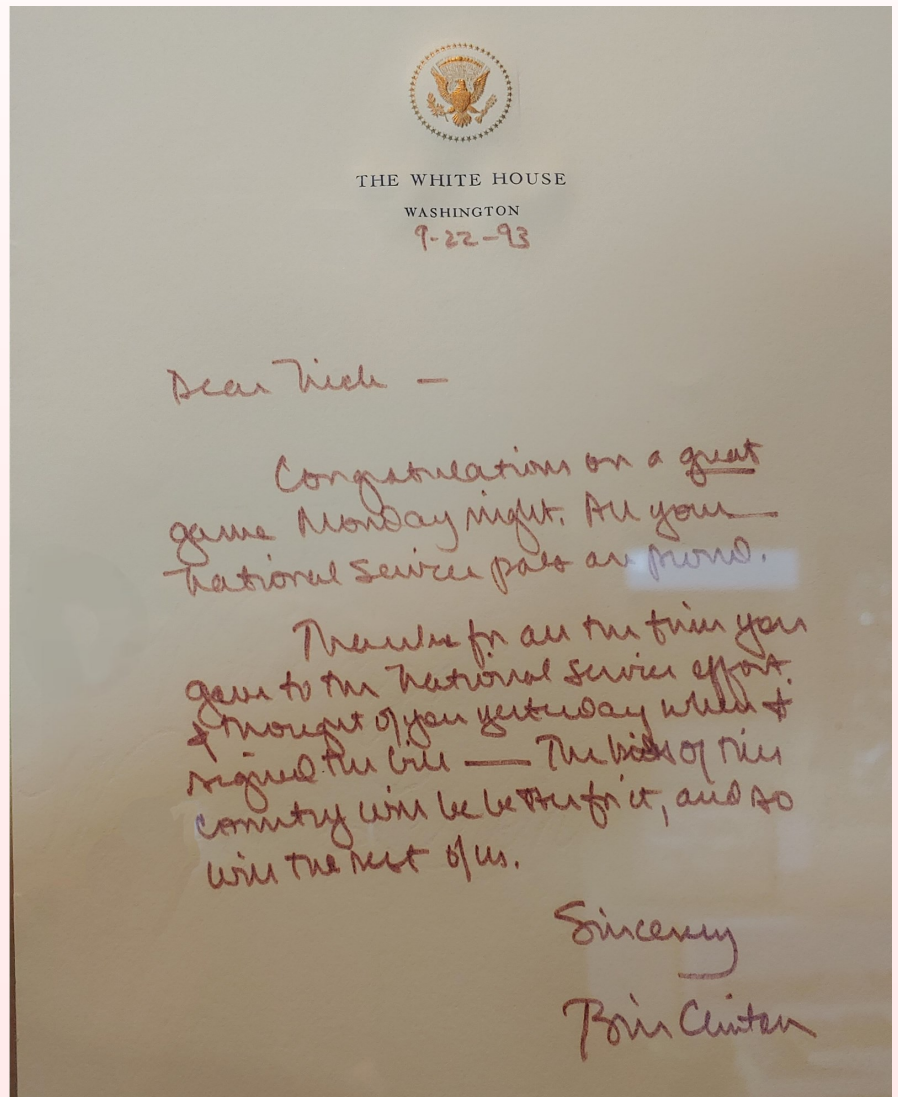
- even its weeds -

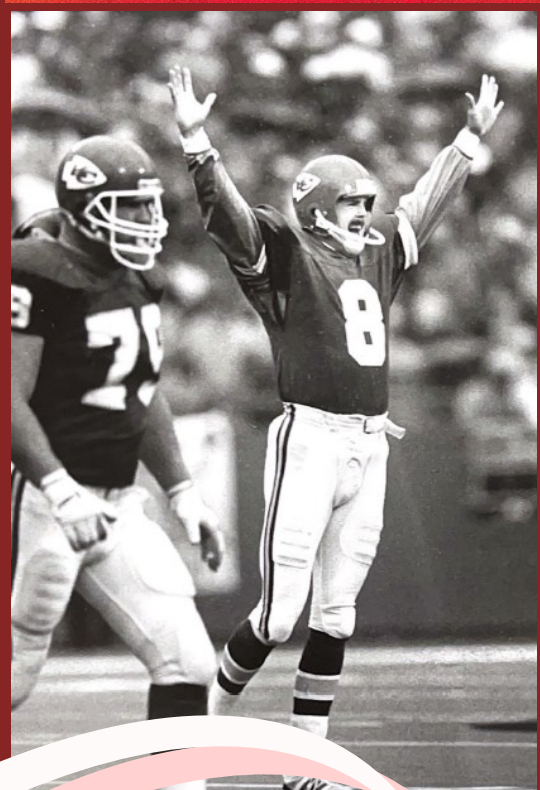
From good ideas and better deeds
As we address our spiritual needs,
Soulful love knows how it reads
We begin to see an eternal rainbow
and where it leads



The Lessons Learned

Throughout my career, I learned many valuable lessons – about football, about life, and about myself. From the importance of discipline and preparation to the power of faith and resilience, each lesson shaped me into the person I am today. And while I may have hung up my cleats, **the journey continues**. It always does – **who wants to retire** (made up of two draining words: “Re,” as in **repetitive**, and “tire” as in **Tired!!**) In the chapters that follow, I’ll share some of those lessons with you, and offer insights and strategies to apply them to the kicker inside you! Because no matter where you are on your journey, there’s always something new to explore and learn and grow from, and I’m here to be your kicking coach.





The Legacy

As I look back on my football career, I realize that my legacy is just starting – that making a life after a Hall of Fame career is what I am most proud of. Because it's not the records I set or the games I won. It's the lives I touched and the people I inspired and inspired me along the way. Learning to transcend the sometimes narcissistic world of Pro Football is an art. Some of us have done it – but few. From my teammates and coaches, to the fans who cheered me on, each person played a part in shaping my journey. And our time on the field may be over, your legacy lives on in the lessons I've learned and the values I've embraced. In the final chapter of this book, I'll reflect on the legacy I hope to leave behind, and offer some thoughts on how you can create your very own legacy, the one that truly resonates both on and off the field.

In 2024, when the Kansas City Chiefs clinched their second straight Super Bowl victory, and 3 in 5 seasons, it was a moment of immense pride and joy for me as a former player and lifelong fan. Witnessing the dedication, skill, and determination of this new generation of Chiefs players, especially Patrick Mahomes, Travis Kelce, Chris Jones and Harrison Butker, but **all of them as a true team of champions**, reenforced my passion for the game's innate life wisdom, and the enduring spirit of excellence that defines the Chiefs organization. Seeing them achieve greatness on the field, fills me with a sense of pride and inspiration, knowing that the legacy of the Chiefs continues to thrive with each new generation of players. As I reflect on my own journey and the impact I've had on the game, I am most proud of what it helped me do outside of the game. These players inspire me with their emotional intelligence as much as their football intelligence, led by Andy Reid and Clark Hunt, and I'm confident that they will continue to carry the torch of excellence for years to come.

***Patrick Mahomes, Travis Kelce, Harrison Butker
and Andy Reid have made the Kansas City
Chiefs a dynasty.***

No Greater Wealth

Is there no greater wealth
In both sickness and in health
Than to rise triumphantly each day
Grateful for each and every breath
Aware the sun shines
And we toast life's meal with textured
wines
as a blessing
For Spring's Chorus of birds sing
To connect life-lines, addressing
Our spirit's gallant journey to the fountain
Of our soul
So that at orange dusk
As the long day ends
When we come off the endless mountain
When calmly undressing
A pure light sends
Warmth to our heart
Knowing each end is its own redeeming
start
Its own Virgin birth
As we embrace ourselves
We come back to earth

The Legacy—Continued

Here's the deal: everything in this book is about how it has allowed me to live a life transcending the realm of sports into defining a new level of humanitarianism and service to others. My commitment to making a difference in the lives of those in need has become a central pillar of my legacy. Let it be yours.

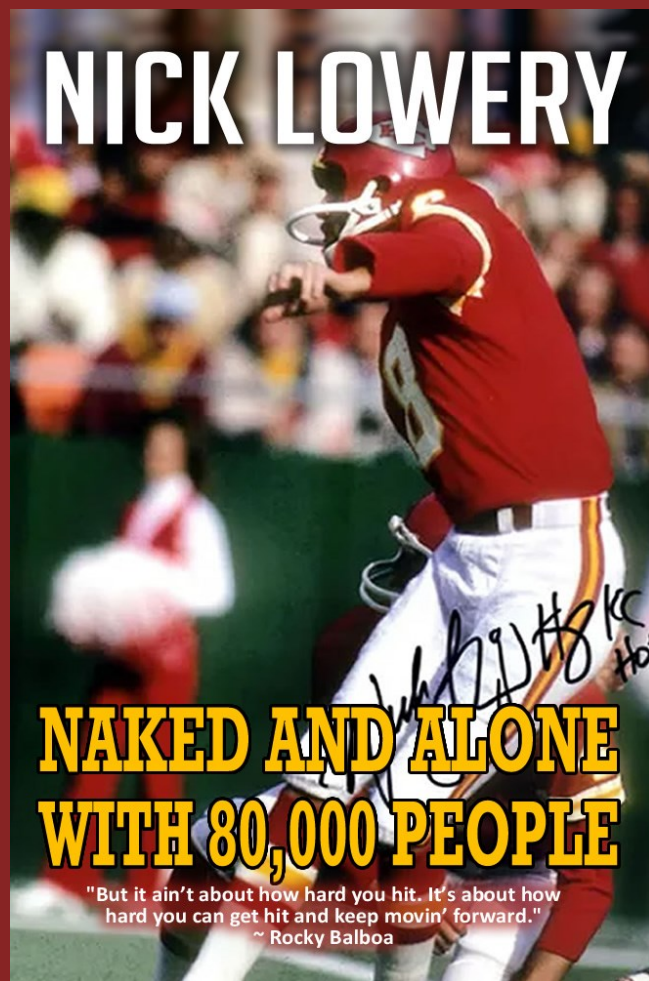
Through Kick with Nick for Cerebral Palsy to honor my amazing Aunt Margaret, to helping inner city youth with the YMCA's *Adult Role Models for Youth*, and *Youthfriends*, to helping launch the *Points of Light and Americorps* and serve Native children and education for 3 Presidents, *Native Vision and Champions for the Homeless*, I have learned that profound growth comes **in the doing**, bringing light to the shadows of life, and dedication to helping those facing great adversity. Compassion and commitment to serving others light up a guiding path for the only true legacy.



Embark on a transformative journey through the highs and lows of my life, demonstrating that overcoming challenges is within your reach. This guide to self-improvement urges you to embrace challenges and find daily purpose. My story revolves around a dream to become the most accurate kicker in NFL history, marked by a thousand rejections turned into triumphs.

Confronting fear, whether in public or personal arenas, leads to self-discovery and success. Each setback reveals opportunities for growth and authenticity, not a need to reinvent oneself. Drawing from encounters with legends like Joe Montana, I emphasize the importance of perfect practice in building confidence.

The book rejects external determinants of potential, empowering readers to unlock their unique capabilities. It affirms life's unpredictable nature within our control, encouraging the exploitation of innate talents in any profession. Your journey, akin to Odysseus', is a path of self-discovery, calling you to seize the moment and embark on a spiritually enriching ride to a fully alive life.



Naked and Alone with 80,000 People—Sneek Peek

NICK LOWERY

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