



**High Tide Press**, A Division of Trinity Foundation

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**“Chumps look for excuses to be served,  
Champs look for opportunities to serve.”**

*New book puts just the right words to that truism you experience daily!*

Looking for the right way to improve your office atmosphere? Or, how about a way to support and mentor a new manager? This illustrated gem offers one pair of observations—the Chump’s way and the Champ’s way—for every week of the year. Use them for your weekly staff meeting, formal and informal presentations, and your own inspiration. These proverbs will help leaders and others:

- gain perspective
- focus clearly
- determine priorities
- inspire excellence.

Few leaders have worked alongside their fellow man in the many ways Jim Mullins has. From the reverence and joy of a house of worship, to the scholarly halls of a major university, to the bustling boardrooms of for-profit and nonprofit organizations, he has taught—and learned from—many people. In tackling challenges over the years, he has gained a reputation for leading and managing with enthusiasm, humor and intelligence.

Currently, Jim Mullins serves as the Associate Director of Operations, Development, and Public Relations for Trinity Services, Inc., winner of the 2007 Psychologically Healthy Workplace Award for Illinois. He has also served as a minister, a college professor and a hospital executive.

Dr. Mullins has taught courses in leadership since 1985, and served as a faculty member at a New Mexico Indian college, the Albuquerque Supervisory Institute, and the Graduate School of Business Management at Lindenwood University in St. Charles, MO.

In addition to holding positions on the board of directors of several nonprofits, he has been a popular speaker and consultant. He has worked with a variety of groups, from municipal governments to international corporations. And, he has spoken to civic clubs, retreats and national conferences.

Dr. Mullins holds a bachelor's degree in history and languages from Mid-America Nazarene University, a master's degree in pastoral care from the Nazarene Theological Seminary, a master's degree in history from Truman State University, and a doctoral degree in history and communication from the School of Theology at Claremont. In addition, he was a Rotary Fellow in Residence in Jerusalem, Israel, and the Presidents Ministerial Fellow at Point Loma University in San Diego.

Read more about Jim, enjoy his current musings, and let him know what's on your mind at [www.champsandchumps.net](http://www.champsandchumps.net).

*Champs and Chumps: Antiphonal Proverbs for Leaders*

**Author:** Jim Mullins, M.Div.

**ISBN:** 978-1-892696-39-7

**Price:** \$12.95

**Format/size:** paperback, 108 pages, 6" by 9"

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Praise for *Champs and Chumps*  
and author Jim Mullins, M.Div.

“Jim Mullins has produced a wonderfully encouraging and useful book. In delightful fashion, he sorts out Champs and Chumps, explains their opposing viewpoints, and helps us see what we should embrace and avoid. Mullins provides an appealing checklist of options for leaders, staff members, and all the rest of us. Champs will buy copies for friends and for those who will become their friends.”

**Dick Etulain, Ph.D.**

Professor Emeritus of History  
University of New Mexico

“Leaders are all around us—teaching our children, drafting and passing laws, growing and preparing our food, protecting our freedom, and so much more. In my 25 years of government leadership, I have learned that all successful leaders have a single unifying orientation—they purposefully decide to do the right thing, thus living lives of meaning. **Champs and Chumps** will aid that quest. I personally enjoy reading and reflecting on Dr. Mullins’ antiphonal proverbs. When I think about Chumps, I remember actions taken and words spoken (by myself and others) that have diminished both the task and the team. And, when I turn to the Champs, I open myself up to expanding opportunities to do the right thing.”

**C.J. Stein, Ed.D.**

“Life’s most valuable guidelines are simple and easy to understand—but tough to live. In

a world where information volume chokes our minds and confuses our priorities, **Champs and Chumps** is an antidote to information overload. These proverbs make the complex simple, the simple reasonable, and the reasonable do-able. I keep a copy on my desk as a weekly reminder of how I can create a positive influence in my own world and help others with theirs.”

**Terry “Moose” Millard**  
Business speaker and consultant

“You made it look so simple, which makes it easy for others to pick up, read, and relate to.”

**Susan Young**  
CEO, University Behavioral Health of Denton, TX

For more information, or to schedule an interview with Champs and Chumps author Jim Mullins, contact High Tide Press: [managing.editor@hightidepress.com](mailto:managing.editor@hightidepress.com), or 708-206-2054. Or, contact Jim at [http://www.hightidepress.com/forms/contact\\_author.php](http://www.hightidepress.com/forms/contact_author.php)

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