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In Choose to Matter, Julie Foudy, two-time Olympic Gold Medalist and former captain of the US National team, takes you on a journey to discover your authentic self. This book is a roadmap to unleash that courageous YOU and have you singing your dreams out loud. Along with sharing stories from her playing days and personal experiences, Julie taps into the wisdom of other incredible female leaders including "Good Morning America" anchor Robin Roberts, soccer stars Mia Hamm and Alex Morgan, and Facebook superwoman and Lean In founder Sheryl Sandberg. In her Leadership Academy, Julie encourages young women to find the leader that exists in all of them, whatever their personality or vocal chord strength might be. Complete with fun exercises and activities, Choose to Matter guides readers in all aspects of their lives. Julie believes every young woman has the power to be a leader who makes a positive impact. And it all starts by choosing to matter. So go ahead, start now. Because you can.

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