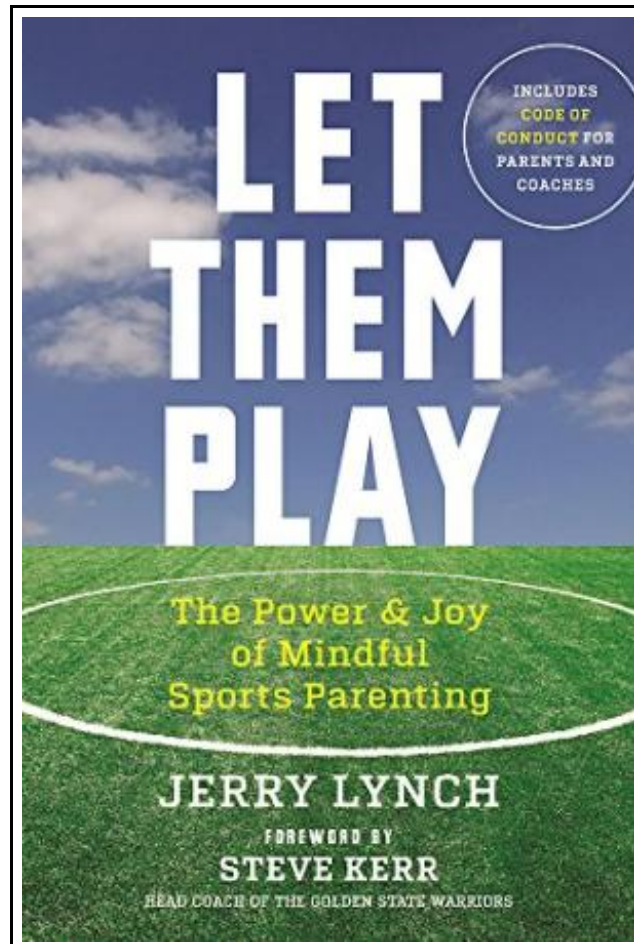


## Let Them Play: The Mindful Way to Parent Kids for Fun and Success in Sports



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NEW WORLD LIBRARY, United States, 2016. Paperback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. American youth sports is undergoing a crisis in parental behavior: parents are fighting with refs, coaches, their kids, and each other. Verbal abuse is being thrown at adolescent referees, fist fights are breaking out on the sidelines, and leagues are having to impose new restrictions on parents involvement. Sports psychologist Jerry Lynch sees this epidemic of bad behavior as a symptom of parents overinvolvement in their children s sports lives and of parents attaching their egos to their children s athletic performance. The result not only serves as a terrible example of sportsmanship but also leads to kids losing interest in sports because it just isn t fun anymore. In Let Them Play, Dr. Jerry Lynch lays out relevant core principles to help parents achieve equanimity, peace, calm and direction for parenting their kids in what can often be a challenging world of youth sports. He also gives parents strategies, tools, methodologies and ways taken from his work with national champions to help their kids to perform at higher levels, be happy and have more fun. Among the topics addressed are: how to empower your athletic child; understanding gender differences and avoiding stereotypes; how to talk with a coach; how to deal with sports injury; handling sibling rivalry; how to handle when your child is cut or doesn t make a team; the delicate issue of specialization; how to teach and model good sportsmanship; how to detach from results; how to help your child increase good performances; why failure is our kids best teacher; helping your child to mentally be strong for a sport and life; how to encourage risk-taking; how the child can get past self-imposed limits; how to...



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