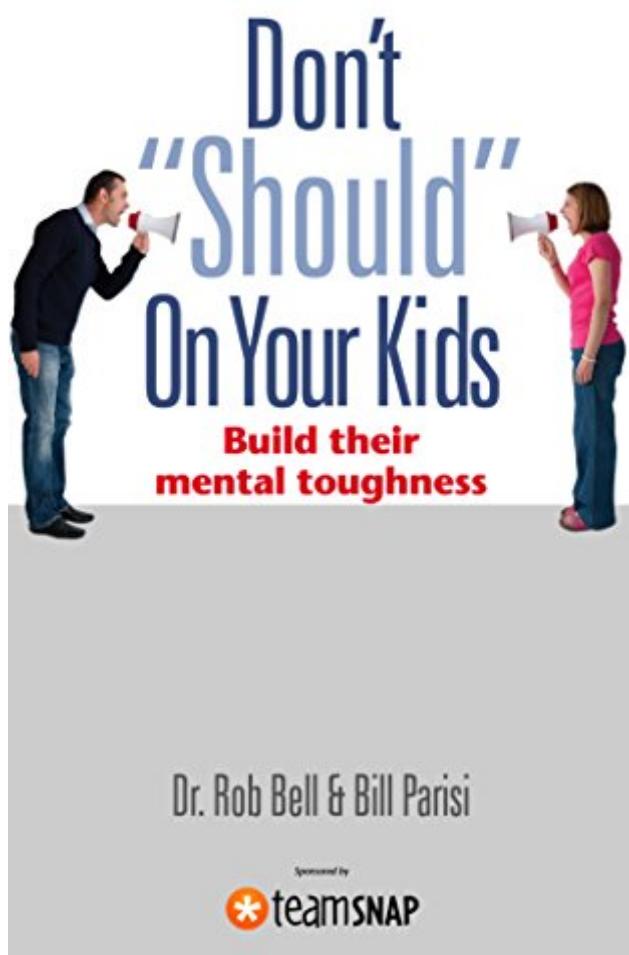


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# Don't "Should" On Your Kids: Build Their Mental Toughness



## Synopsis

A change has occurred • youth sports have been professionalized and there has been a perversion of potential. It has become scholarships over development, trophies over toughness, and talent over tenacity. The professionalization has created an environment of externally driven, perfectionist, and stressed competitors. Parenting athletes also requires such a vast amount of sacrifice both emotionally and financially. Are we doing it correctly? This book will help you empower your kids to build their mental toughness. In this cutting-edge book, you'll develop specific strategies:

- Find out how to prep them for the most important competitions.
- Discover one way to help them build their own passion and desire.
- How a blow-pop can help during an actual competition.
- One way to ensure your child doesn't quit playing.
- What we actually need to call our child.
- Learn the best and worst times to talk about the game.

## Book Information

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## Customer Reviews

I'm a high school mountain bike coach with two student athletes. I have successfully coached my kids in most youth sports from soccer to baseball. Focusing on player development was easy for me until training them in this sport which I am so personally passionate about. This book painfully illuminated for me the pressure I have placed on my older son who rides Varsity for the team. I have lived vicariously through his wins and losses and he shared with me last year that it had lost it's fun. He has come back this year better than ever by my taking a more relaxed approach and following some of the lessons from this book. This book is for all coaches and parents, but especially those of you like me who try to do both. The book teaches the simple truth that it is all about the kids, period. I've never written a book review before, but this was worth my time to share with you the importance of this book to all involved with youth sports.

What a great book! As a career athletic coach, I am nodding the whole way with great insight into the world of my athletes' and their 'other side' of influence (parenting). But, as a dad of three student-athletes, I am biting my lip as I look inside myself. What an awesome flick between the eyes of a wake-up call to parents (including myself). I am, again, nodding and smiling during such a simple approach that is so true about parenting young and advanced athletes alike.

This book is a must read for all parents of athletes. My only regret is not reading this book sooner. I just bought an additional copy for another parent and purchased The Hinged. How we actually need to communicate with our child/athlete no matter how old is enlightening. My twins are in High School and I will use this book as my bible during some very difficult competitive times. It's truly interesting to see if you truly are the "supportive" parent, or have you become "vicarious"?

Dr. Bell works with athletes and families that are striving to be top level, but I think this book would be great for any parent with a child in any form of athletics, even T-ball. How we talk with kids matters and how we talk with kids about sports matters for their enjoyment, ability to learn the important lessons sports can provide, as well as their achievement.

Don't Should on your kids is a excellent book for all parents to read. We all want is best for our kids but sometimes our actions can have a negative affect on them without even realizing it. Dr. Bell does a great job of outlining how we "should" and shouldn't communicate with our children. I highly recommend!

This read has given me so much inner peace as a mom of 2 teenage boys who are student-athletes. I have changed parenting styles and given them more responsibility and decision-making. It's amazing...they are both doing what needs done!

This book is an excellent resource for anyone with kids playing sports, at any level. Dr. Bell provides a clear path for athletes and their parents, outlining best practices for how to communicate, how to foster mental toughness and - most importantly - how to maintain perspective when dealing with young people and sports.

This was the perfect book for some of those reminders of how to handle my kids with regards to sports. He gave some good tips on keeping sports in perspective, and being a positive parent for my kids.

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