



UNTIL IT HURTS

America's Obsession
with Youth Sports and
How It Harms Our Kids

MARK HYMAN

"A hair-raising look at everything that is wrong with youth sports today. Every parent and every coach who has ever been involved in youth sports and cares about kids has an obligation to read it." —BUZZ BESSINGER, author of *Friday Night Lights*

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Every year, more than 3. Starting up a crucial dialogue about the perils of youth sports culture today, Hyman offers the solutions answers we need. Journalist Mark Hyman investigates the development of youth sports from mere games to full-on quests to turn children into tomorrow's superstar athletes by pressing them beyond physical and emotional limitations. 5 million children under age fifteen require medical treatment for sports injuries, nearly half of which are the consequence of simple overuse.



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If you're looking for a publication that helps you better understand your children If you're searching for a reserve that can help you better understand your children, or something you may personally relate with as a previous athlete, this is your publication. It's witty, very well written and helpful. It did not feel just like an educational publication, more of a tale but you find out a lot in the process. I'd recommend it to anyone. Five Stars Thank you- as advertised.. Five Stars Great Two Stars trite Five Stars Was for my husband Five Stars My students adored it! Important book for all who care about youth sports Having no children of my own, I recently attended a friend's child's Little Group game, and was astonished at the intensity and unhappiness of the whole experience: Coaches yelling in players constantly, parents yelling and agonizing about their kids, kids outright bawling carrying out a strikeout. Good information, little outdated because of ever changing study . Consider this issue: does my child actually enjoy and look forwards to playing basketball, baseball, soccer, etc? Good information, small outdated due to ever changing research of injuries, perhaps over priced considering some of the various other books available for reading through to sports injuries and care. I could say that pickup games, backyard basketball, countless wiffleball games with other kids on my road, these are the very best sports thoughts from my youth.Strongly suggested. If not, maybe they, and you, should turn to put their energies in another path. Sports are said to be fun. I believed sports was supposed to be fun.This is a superb book that parents, umpires, and coaches of small children need to read and consider. Not organized games with annoying coaches and cloying parents. Wow...My experiences with youth sports were largely related..



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