

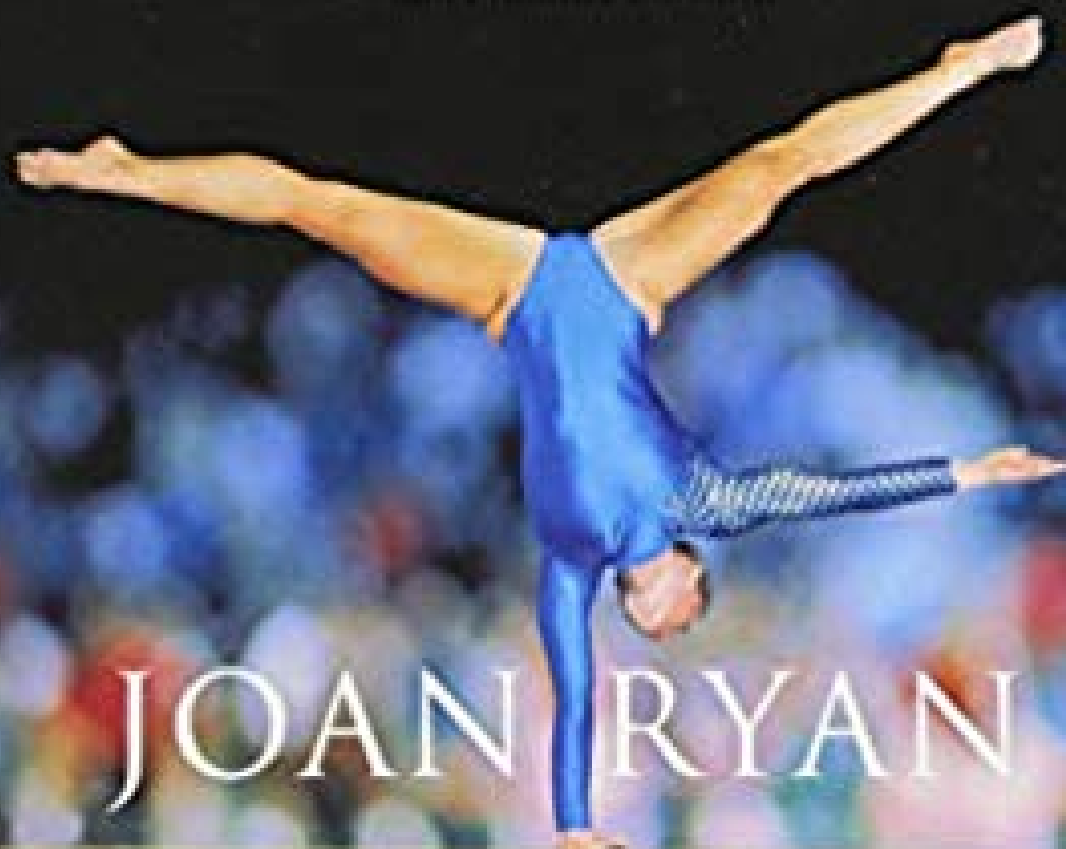
NEW EDITION WITH A FOREWORD BY  
FORMER OLYMPIC GYMNAST JAMIE DANTZSCHER

# LITTLE GIRLS IN PRETTY BOXES

THE MAKING AND BREAKING OF ELITE  
GYMNASTS AND FIGURE SKATERS

"SCATHING ... PROFOUNDLY IMPORTANT."

—*San Francisco Chronicle*



JOAN RYAN

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# Little Girls in Pretty Boxes: The Making and Breaking of Elite Gymnasts and Figure Skaters



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From starvation diets and debilitating accidental injuries to the brutal techniques of tyrannical gymnastics guru Béla Károlyi, *LITTLE GIRLS IN PRETTY BOXES* portrays the horrors endured by ladies at the hands of their instructors and sometimes their own families--and is now updated with a fresh launch and foreword that address the sexual abuse scandal perpetrated by USA Gymnastics national team doctor, Larry Nassar. WITH A NEW FOREWORD BY FORMER OLYMPIC GYMNAST JAMIE DANTZSCHER Welcome to the world of women's gymnastics and number skating--the real world that happens from the cameras, at working out camps and in the private lives of these talented teenage competition. This groundbreaking book displays how a longstanding culture of abuse made young gymnasts ideal targets for a sexual predator, and continues to plead for sanity, basic safety, and an end to your national obsession: winning at any cost.



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The extremes in this book are not realized before elite level. Granted, my time was the early 90s as well as perhaps things will vary today, but I discover that hard to imagine.. It focuses on the enormous demands made upon these youthful athletes by coaches, trainers, officials, and parents. While I realize my comments will not be popular with a lot of people nor with folks who are not really at the elite level, I think this book can be invaluable for parents who are considering the commitment it requires to succeed at this level. I think gymnastics has a lot of wonderful qualities, such as instilling discipline, coordination, muscle tissue memory, fitness and period management. I think gymnastics has a large amount of wonderful characteristics, such as for example instilling discipline. As a former elite gymnast whose trainer and fellow teammates are mentioned, I think this book is dead on in exploring the globe of elite gymnastics and how it is bit more than legalized child abuse in my opinion. I adored gymnastics until I became an elite. And, many pay extreme sacrifices... But this book, even over 2 decades old, was enough to keep me horrified and disgusted. I am now 80 years old and have many boxes of tapes of VHS tapes of various competitions. This book is 20+ years old. Prompt service. Sadly, this will change the way I look at competitions. From the time I was an adolescent I have been an enormous fan of figure skating and gymnastics. This curiosity is shared by my partner and daughter. Even more terrifying, because it's true. Observing the female competitors at the elite level obviously shows that that they will live a lifestyle significantly beyond your norm.. One may also suspect some level of physical, emotional, and, most horrifically, sexual misuse. While I suspected "some level" of abuse, this book illustrates an even of abuse far beyond what I would have suspected. Although this publication was published quite some time ago, just last week (Nov. 2017) a gymnastics coach admitted sexually abusing associates of his group. I certainly do not know what the answer is but the problem is worth serious study. As for me, I feel robbed. The 2018 Olympics is just around the corner.. After scanning this book nevertheless, I'm not sure that I can view as I did so previously. I deeply admire effort and dedication but occasionally the price of fame is just too big high. Very well researched and written. Perfectly researched and written. This book pulls back the curtain and shows the dark side of the sports activities of gymnastics and amount skating. The young girls and young females who compete in these sports are put through situations beyond belief. Horrifying I don't have children involved in sports at this level. Five Stars As described. James 1:5 Even more relevant today than ever This book was shocking and heartbreaking when I read it many years ago. Anyone thinking or having a kid in the sports activities should read this reserve. It explains how misuse develops and gets tolerated. The book is even more relevant now, after Larry Nassar revelations. The photos in the book greatest illustrate this and the assessment bespeaks volumes.. After scanning this book, I have by no means been happier to possess completely normal kids. It's 22 years old but it is usually a valuable snapshot of gymnastics and skating of the previous twenty years, specifically with the endurance of the Karolyis. EENY. We have got to stop these cycles of misuse.. MEENY.. TEENY... This book will break your heart and infuriate you.... Public shaming was how we were kept in series and would prevent us from telling our parents what really happened in practice. This reserve has certainly changed my thoughts and opinions about gymnastics in addition to figure skating. You can find sportsmen who are starve themselves, who develop existence threatening consuming disorders, who perform harmful maneuvers in the quest for the gold, and who sometimes end up dead or devastatingly injured as a result. There is a large amount of backstage dish in the book that's interesting. True life tales, a few of which are heartbreaking, flesh out the allegations asserted by the author. The emphasis

on being tiny and elfin has already established enormous effect on elite female gymnasts. One sees the difference in simply by looking comparatively at the women's U.. Many drive their kids to compete just to satisfy their own wishes for personal glory, badgering and berating their offspring every stage of the way. It's 22 yrs . old but it is usually a valuable snapshot .it was but still is spot on!Moreover, although some measures have already been taken, such as for example raising this for Olympic competition in 2000 from fifteen to sixteen, simultaneously the minimum level of difficulty has increased, building an already dangerous sport more dangerous. Remember, elite gymnastics can be a sport fraught with the potential for devastating spinal-cord injuries. The writer recounts a number of these heartbreaking injuries and the conditions under which they occurred, departing the reader to question oneself, "Just what were these instructors thinking?The pressure that a few of these girls and young women endure is truly unbelievable. The demands upon them tend to be unrealistic, stunting not only their physical development, but their public and emotional development, as well. Competing with serious accidental injuries, while acquiring potent medicines for the excruciating pain, is simply not really commensurate with a sensible athletic regimen.Parents who all are living their dreams through their kids tend to be as dangerous while unscrupulous and unqualified coaches. Olympic gymnastic groups from 1976 and 1992. Coaches, furthermore, have their very own dreams. Everyone wants to generate Olympians, but at what cost? Everyone who includes a child in sports should read this. When purchasing the book, nevertheless, be sure to get the latest edition, since it has been updated with information on the state of gymnastics as of the year 2000.. Every mother or father should read this The truth about Olympic gymnasts and figure skaters ought to be known by the world. I completely agree with the author that there must be regulations on instructors including licensing so that complaints about misuse do not continue ignored. I'm therefore thankful that I managed to miss out on my opportunity to be a gymnast and I'm thankful that my young ladies are not going to end up being Olympic gymnasts. Some of these demands are so unrealistic as to border on child abuse. This is researched and created in 1994, however, not plenty of has changed to create theses sports a safer and more healthy environment for the sports athletes that compete in them. Although, I wanted to often enough.WEENY. ... This book will break your heart and infuriate you. Since it should.This is a an excellent book with a whole lot of information, both anecdotal and empirical. This book is 20+ years old. The coaches had been brutal and belittled us on a daily basis. I have long suspected feeding on disorders and the long-term results that result.. .S. This is a terrific book on the state of woman's gymnastics and, to some extent, figure skating, although primary focus of the book is on gymnastics. This is an incredible book whether you are in the sport or just a spectator... I simply could not put it down. Girls figure skating is definitely, like for many individuals, my preferred event. I really like watching gymnastics and shape skating and I'm not ignorant plenty of to believe that feeding on disorders and abusive instructors aren't the norm. In addition, it contains 24 pages of photographs, including 8 new pages for the updated edition. Elite gymnastics went from being truly a woman's sport to a girl's sport, because the author has sagely observed, and the photos corroborate that assertion.. Every parent with a child in gymnastics and shape skating must read this publication. My advice to parents who what their kids to be elite athletes, PRAY for wisdom. Amazing book! It couldn't be any more relevant today provided the unprecedented sexual misuse of some 140 elite gymnasts by USA Gymnastic's team doctor, Larry Nassar, and the years-lengthy complicity of USA Gymnastics and Michigan Condition University in his reign of terror. This is actually the identical corrupted value system Joan Ryan

uncovered in her book 20 years ago --one which sacrifices the emotional and physical protection of children at the trouble of international sports glory. The only real difference may be the specific kind of child abuse.



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