



# Whose Game Is It, Anyway?: A Guide to Helping Your Child Get the Most from Sports, Organized by Age and Stage

*Amy Baltzell, Richard D. Ginsburg, Stephen Durant*

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In an era when parents and kids are overwhelmed by a sports-crazed, win-at-all-costs culture, here is a comprehensive guide that helps parents ensure a positive sports experience for their children. In *Whose Game Is It, Anyway?* two of the country's leading youth sports psychologists team up with a former Olympic athlete and expert on performance enhancement to share what they have gleaned in more than forty years of combined experience. The result is a book unique in its message, format, and scope. Through moving case studies and thoughtful analyses, Ginsburg, Durant, and Baltzell advocate a preventive approach through a simple three-step program: know yourself, know your child, know the environment. They look at children in age groups, identifying the physical, psychological, and emotional issues unique to each group and clarifying what parents can expect from and desire for their kids at every stage. They also explore myriad relevant topics, including parental pressure, losing teams, steroid use, the overscheduled child, and much more. Illuminating, impassioned, and inspiring, *Whose Game Is It, Anyway?* is required reading for anyone raising—or educating—a child who participates in sports.

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