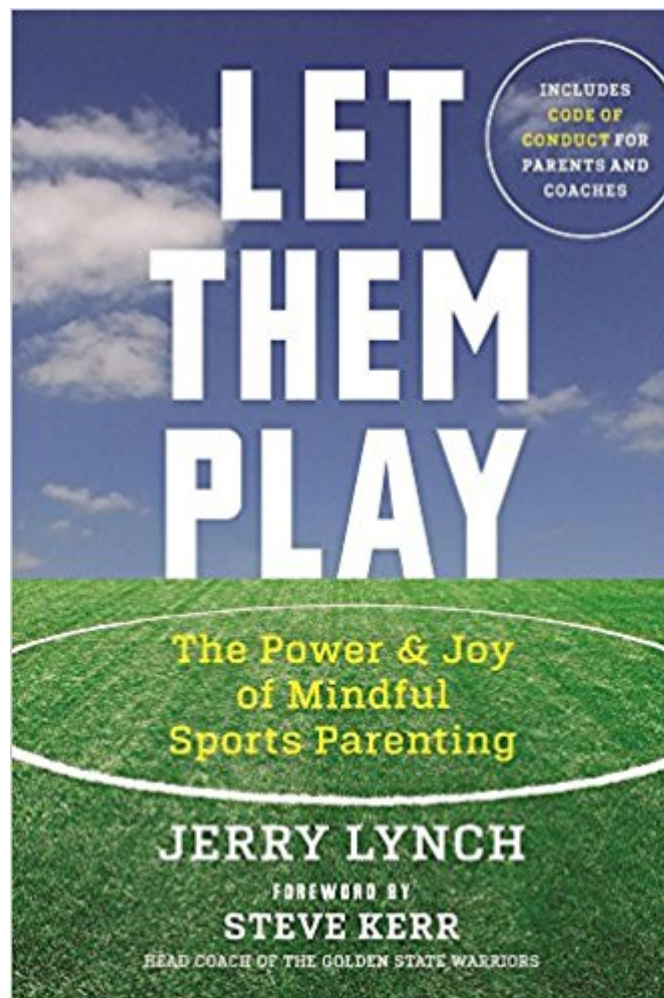




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# Let Them Play: The Mindful Way To Parent Kids For Fun And Success In Sports



## Synopsis

American youth sports are in crisis: Parents are fighting with referees, coaches, their kids, and one another. Micromanaged kids are losing their passion to play. In *Let Them Play*, sports psychologist and team consultant Dr. Jerry Lynch provides an antidote to parental overinvolvement. Combining psychological insight with spiritual principles from Taoism and Buddhism, Lynch lays out core principles to help parents achieve equanimity and provide healthy direction for their kids. He gives parents strategies and tools taken from his work with national champions to help kids to perform at higher levels, become better team players, and most important, have more fun. Filled with easy-to-implement advice, *Let Them Play* will empower your athletic child to be mentally strong for sports and life.

## Book Information

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## Customer Reviews

"Prepare the players and let them play"; that's our style. from the foreword by Steve Kerr, head coach of the Golden State Warriors; Having been a parent of athletic kids, I wish I had had a copy of this book to guide me through those challenging times with youth sports. Phil Jackson, author and eleven-time NBA world champion coach; Let Them Play will help you to inspire and empower your kids to have more joy, fun, and success not just in sports but in the bigger game of life. Anson Dorrance, coach of the twenty-two-time NCAA champion women's soccer team at University of North Carolina; This book is my new blueprint for raising my own happy, healthy athletes, and it should be yours too. John O'Sullivan, founder of the Changing the Game

## Project

Sports psychologist Dr. Jerry Lynch is the author of eleven books and the founder/director of Way of Champions, a consulting group geared toward "mastering the inner game" for peak sports performance. The parent of four athletic kids, he has over thirty-five years of experience as a sports psychologist, coach, athlete, and teacher. Drawing on his experience working with Olympic, NBA, and NCAA champions, Dr. Lynch transforms the lives of parents, coaches, and youth athletes.

Jerry Lynch totally gets it. From early on in his career he has driven the message of the importance of developing as a person as the means to hit extraordinary levels of performance. His early work "Thinking Body, Dancing Mind" was key in my development as a senior tennis player. His words to parents in Let Them Play are jewels. I have given this book to many friends who are stumbling through the experience of being a sports parent. It is not something that the kids will benefit from alone. The parents will grow as people as well. Thanks to Jerry for writing so much truth.

Brillant

Great book. 100% recommended

My children are long past the youth sports teams, times of their lives, but I'm still going to pass this book along to them. The advice is helpful on the parenting front, while planning or in a career. In fact, I think this book can be helpful in any stage of life. It's about letting children be children, treating them properly; guiding, not pushing. Some advice I found especially helpful is in the last part, "Codes of Conduct: Giving the Game Back to Them." Some subjects covered: Be the Wise Grandparent. " . . . children prefer to let the game stay at the ballpark and to be in the moment." Ask about Feelings, Not Performance. Ask about how they feel, not about how they did. Teach Excellence, Not Winning. Winning in this sense is about executing the process beautifully and brilliantly. I could go on taking quotations from the book, but you get the idea. Dr. Jerry Lynch makes his points by stating beliefs from the vantage points of psychology and spiritual principles found in Taoism and Buddhism. Please don't let this scare you off and asking, what spirituality has got to do with youth sports. Not surprisingly, spirituality contributes greatly to the concept of sportsmanship.

It's all about valuing and respecting those involved; taking a deep breath and stepping back to, Let Them Play, and empowering the children. Thoughtful quotations are at the beginning of each chapter, "Your opponent's greatest advantage is your lack of confidence in yourself," Chinese Wisdom, for instance. Each chapter holds a lesson that will help anyone during their life and in any stage of their life. Like the chapter titled, "Be a Champion Now." This contains advice that is helpful in work, play and everyday life. This is a small volume that is centered on sports, but is really a motivational book on how to lead a positive, successful life. If given to a young person to read, they've received something of value for life.

This was a powerful book that offers you insight into the things that you need to think about if you are a parent with kids that are in sports. The book is filled with so many great ideas about how best support your kids in their sports without being overly involved. At the same time the book allows you to work on building up your child to be better, stronger and more mentally ready to take on the challenges that will arise both in sports and beyond. The book was well laid out and easy to read. I particularly loved how practical that book was. My daughters are still young in their sports playing years so reading this now was a perfect time and I am looking forward to utilizing the concepts for many years to come!

Jerry Lynch combines sports, psychology, and his own experience raising four athletic children in this upbeat, enlightening book. Let Them Play breaks through the old painful competitive paradigm with new insights on joy and mindfulness, showing how both parents and their athletic children can develop greater hope, optimism, and self-reliance.

Jerry Lynch is masterful at providing sound insights and effective tools whether he is addressing an individual athlete, team, or community of enthusiastic parents. As always, his writing is accessible, fresh, poignant, and thought provoking. I highly recommend this book.

This book is SO important for parents of athletes. The information is incredibly impactful, yet so easy to digest and relate to. As a former collegiate athlete, the culture Jerry seeks to create in the sports world is one that I wish I had more of when I was competing.

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