



Throw Like a Girl: How to Dream Big & Believe in Yourself

By Jennie Finch, Ann Killion

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The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

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Bibliography

- Sales Rank: #6470 in Books
- Brand: Triumph Books
- Published on: 2011-08-01
- Released on: 2011-08-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .50" w x 5.50" l, .71 pounds
- Binding: Paperback
- 224 pages

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