

**UNTIL IT HURTS: AMERICAS OBSESSION WITH
YOUTH SPORTS AND HOW IT HARMS OUR KIDS**

Kristene Hinkley

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Until It Hurts Americas Obsession With Youth Sports And How It Harms Our Kids

America's Obsession with Youth Sports and How It Harms Our Kids In Until It Hurts, journalist, coach, and sports dad Mark Hyman explores.

Until It Hurts : Mark Hyman :

In *Until It Hurts*, journalist, coach, and sports dad Mark Hyman explores America's Obsession with Youth Sports and How It Harms Our Kids.

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Mark Hyman's new book *Until It Hurts*, which focuses on the country's obsession over youth sports and how this impacts the development of our nation's youth.

Until It Hurts by Mark Hyman | Penguin Random House Canada

Compre *Until It Hurts: America's Obsession with Youth Sports and How It Harms Our Kids* (English Edition) de Mark Hyman na ehosidyhwaz.tk Confira também.

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Over the last seventy-five years, adults have staged a hostile takeover of kids' sports. Follow us. MaryrateditlikeditNov30, There is the year-old figure skater with eight coaches, the young swimmer who endured seven-day-a-week practices and a berating coach, the year-old soccer player with a knee injury common to marathon runners. Every parent and every coach who has ever been involved in youth sports and cares about kids has an obligation to read it. Part confession, part cautionary tale, Mark Hyman's little book carries a big message about the 'hostile takeover' of youth sports by adults.

Thisbookisoneofthefirstofitskindtobringtheproblemofyouthsportsintohave gone against the grain with some of my decisions about not pushing my kids in sports as we try to keep the emphasis on having fun and just being active for the joy of movement. Advanced Search.