



# Games Girls Play: Understanding and Guiding Young Female Athletes

*Caroline Silby, Shelley Smith*

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A Reviving Ophelia for soccer moms: *Games Girls Play* gives parents advice for encouraging their daughters to participate in sports and making sure their experiences as athletes are empowering. Sports psychologist and former nationally ranked figure skater Caroline Silby teaches parents how to find the right sport for their young daughters and helps them tackle hurdles that affect older athletes. Using real-life examples, Silby prepares parents for the obstacles that female athletes face and offers solutions for handling everything from the stresses of competition, to motivation problems, to self-esteem issues, to difficult coaches, to eating disorders, to sexual harassment.

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