

You Can Play! - Brenda Loube

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Aimed at helping women of all ages who otherwise do not play sports find enjoyment in team-based physical activity, this guide provides inspiration for helping them get into the game. It offers practical advice for those hesitant to compete in addition to stories from real women of all ages and physical conditions that encourage and motivate readers to move outside of their comfort zones and participate. Chapters include finding a play personality, how to soar above expectations, how taking risks opens doors, and how to learn from mistakes. The benefits of team play start with improved health and physical well-being, but, as this book shows, after just a short time involved in team sports, women will develop broader skills that improve everything from their self-confidence to their relationships, families, and career. Author: Loube, Brenda Publisher: HTA Books Illustration: N Language: ENG Title: You Can Play! Pages: 00152 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 2011-04-01 SKU-13/ISBN: 9780982286425 Category: Health & Fitness : Exercise Category: Self-Help : Motivational & Inspirational

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