



# **The Coach's Guide to Real Winning: Teaching Life Lessons to Kids in Sports**

*John L. Shannon*

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Forty million children scramble across the playing fields of America each year. They are coached by 4 million youth coaches. Coaches are in a unique position to teach kids lessons that will serve them throughout life. This book encourages coaches to see themselves as teachers and realize the impact they have on children. Also addressed is the increasing number of coaches exhibiting unhealthy levels of intensity in youth sports.

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