



Let Them Play: The Mindful Way to Parent Kids for Fun and Success in Sports

Jerry Lynch

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American youth sports are in crisis: Parents are fighting with referees, coaches, their kids, and one another. Micromanaged kids are losing their passion to play. In *Let Them Play*, sports psychologist and team consultant Dr. Jerry Lynch provides an antidote to parental overinvolvement. Combining psychological insight with spiritual principles from Taoism and Buddhism, Lynch lays out core principles to help parents achieve equanimity and provide healthy direction for their kids. He gives parents strategies and tools taken from his work with national champions to help kids to perform at higher levels, become better team players, and most important, have more fun. Filled with easy-to-implement advice, *Let Them Play* will empower your athletic child to be mentally strong for sports and life.

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