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Go Girl!: Raising Healthy, Confident and Successful Girls through Sports

Mark Jenkins, Hannah Storm

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Create the ultimate sports-positive environment for your daughter.

There's no doubt that sports are good for girls, but there is often a major lack of appreciation for just how critical participation in sports is for our daughters' development. Despite the numerous benefits that come from athletics, adolescent girls are still not encouraged to participate in sports nearly as much as boys are.

So how can you motivate your daughter to stick with the sport she loves?

In Go Girl!, ESPN sportscaster and mother to three daughters Hannah Storm lays out a roadmap for parents who want to encourage their daughters' continued participation in sports at an age where more and more girls pass athletics up. Hannah helps you take an active role in fostering and supporting your daughter's athletic interests, giving her the edge she needs to excel in life.

Go Girl! is the ultimate guide to making sure that young girls take on life with confidence, passion, and a love of the game.

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