

It's Okay to Like Sports: Embracing Your Inner Athlete



It's Okay To Like Sports: How Women, Intellectuals, and Artists Can Find Cultural Value in Athletics

by Mary Jane Sterling

★★★★★ 5 out of 5

Language : English
File size : 350 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 130 pages
Lending : Enabled

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As a young girl, I loved to play sports. I would spend hours outside playing soccer, basketball, and volleyball with my friends. But as I got older, I started to notice that there were fewer and fewer girls involved in sports. In high school, I was often the only girl on my team. And when I went to college, I was one of only a handful of women in my athletic program.

This lack of female participation in sports is a problem. Not only does it deprive girls of the opportunity to develop their physical and mental skills, but it also sends the message that sports are not for girls.

That's why I wrote *It's Okay to Like Sports*. This book is for all the girls and women who have ever been told that they can't play sports. It's for those who have been made to feel like they don't belong on the field or court. And it's for those who have been told that they're not good enough.

In *It's Okay to Like Sports*, I share my own story of overcoming the challenges and stereotypes that I faced as a female athlete. I also provide practical advice on how to get started in sports, how to improve your skills, and how to deal with the challenges that you may face.

But most importantly, I want to show girls and women that it's okay to like sports. It's okay to be good at sports. And it's okay to dream of becoming a professional athlete.

If you're a girl or woman who loves sports, I encourage you to read *It's Okay to Like Sports*. This book will help you to embrace your inner athlete and to achieve your goals.

What's inside *It's Okay to Like Sports*?

- My personal story of overcoming the challenges and stereotypes that I faced as a female athlete
- Practical advice on how to get started in sports, how to improve your skills, and how to deal with the challenges that you may face
- Inspiring stories from other female athletes who have overcome adversity
- Tips on how to find a supportive community of female athletes
- Empowering messages that will help you to believe in yourself and your abilities

Who is It's Okay to Like Sports for?

- Girls and women of all ages who love sports
- Parents and educators who want to encourage girls to participate in sports
- Coaches and mentors who want to help girls to reach their full potential in sports
- Anyone who believes that it's important to empower girls and women through sports

If you're ready to embrace your inner athlete, Free Download your copy of It's Okay to Like Sports today!

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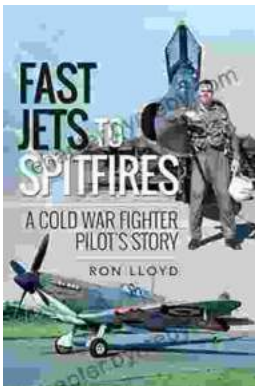
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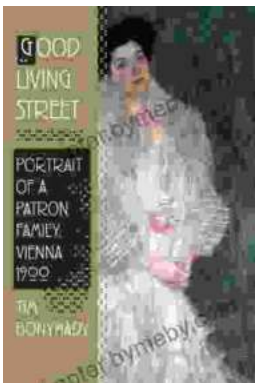
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