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Throw Like A Girl: How To Dream Big & Believe In Yourself



Synopsis

The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

Book Information

Paperback: 224 pages

Publisher: Triumph Books; 39818th edition (August 1, 2011)

Language: English

ISBN-10: 1600785603

ISBN-13: 978-1600785603

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 179 customer reviews

Best Sellers Rank: #25,357 in Books (See Top 100 in Books) #1 in Books > Teens > Sports & Outdoors > Baseball & Softball #2 in Books > Sports & Outdoors > Softball #7 in Books > Teens > Biographies > Sports

Customer Reviews

Jennie Finch fell in love with softball as a young girl; in the years since, the sport shaped both the course of her life and her character. A two-time Olympian, Finch was a collegiate national player of the year at Arizona and pitched professionally. One of America's most popular athletes, she has worked extensively in television, is an active member of the Women's Sports Foundation, and conducts softball camps around the country. Finch is married to professional baseball player Casey Daigle, and they are the proud parents of two sons. Ann Killion is an award-winning sportswriter who has written extensively on issues relating to girls and women's sports. Killion has covered the major national and international sports issues of the past two decades, including the rise of Olympic softball. A contributing writer to Sports Illustrated, Killion lives in the San Francisco Bay area with her family, including her athletic teenage daughter.

My daughters and I love this book. It is very well written and gives girls that boost of confidence. We read a chapter at a time out loud, it shows them that hard work does pay off even when people tell you that you will amount to nothing, you keep on trying!

My 10 year old read this book cover to cover in a matter of days and was reciting lines to me from it on the regular. I absolutely love the example set by Jennie Finch for all the young softball players out there. This was a wonderful read for all girls for both softball and in life. It's a must have!

I bought this for my 10 year old daughter that loves softball but had a tough year (not a lot of team wins). I didn't want her to get discouraged so I looked at some books and chose this one. She loved it!! Per my daughters review, Jennie details how she overcame adversity at a young age to her success. She even chose to use the book for a oral biography report in her 5th grade class. Glad I got it!

At the NYC marathon, Jennie Finch was running for charity. She was given the last place number and starting time, and money for charity was raised for each person she passed. I joked with friends prior to running that in view of this I would allow her to pass me if I saw her, and punctuated that promise with "as if I could stop her!" (As predicted, she did pass me and finished before me). There is no doubt that Jennie Finch is a world-class athlete. Her long lists of accomplishments on the softball field speak for themselves. In *Throw Like a Girl*, we get to read her background story and philosophy of life. Much hangs around softball, of course, but the lessons she aims at young women (and I would argue at young men as well) go beyond the playing field. There are frank discussions of peer pressure and body image and peer relationships and balance in one's life. In a world that seems to honor celebrity, regardless of the reason, this book stands in strong contrast. Readers are told in no uncertain terms that they need to think out the consequences of their actions in view of the long-term benefits and drawbacks (e.g., Jennie's decision to turn down offers from certain men's magazines and the reasons she did so). There are no-nonsense statements about what it takes to be successful, and readers are told quite bluntly that success comes from hard work, not from updating your facebook status. This is excellent reading for the young people in your life, particularly girls, as they struggle with the pressures of their age and deciding who they want to be. This has been a "go to" present for families with young girls/women this holiday season.

Jennie Finch's novel "Throw Like A Girl" really emphasizes the positive impacts sports can have on young girls. Finch, who grew up in Southern California, never gave up on her dream of playing softball, and worked her way to playing in the Olympics. She encourages all her readers to never give up and to always believe in yourself. In addition, Finch also talks about how to be a good teammate, how to handle pressure, and how to accept who you are. This novel is inspiring as well as encouraging, I would suggest reading.

My daughter loves softball as do I and she also loves to read. I bought this for her because my daughter is also a pitcher. She never finished. I picked up the book to read because I hate buying a book and never finishing it but it couldn't hold my attention and I too never finished.

My 11 year old daughter is doing a wax museum project on Jennie Finch, this is a great research book for her to understand that all girls go through struggles in sports and in life in general. Thanks for being such an amazing Christian role model for young girls. Our only complaint is her book was bent before it was packaged. Bummer!

Ms. Finch is a true role model for any young girl (doesn't have to be a softball player). Listening to her speak, watching how she interacts with kids, passion for her sport, reasons for her decisions in life all make me proud that my daughter's idol is Jennie. This book is a refreshing view on how girls can achieve greatness if one believes in themselves and has the encouragement of her parents and coaches. 5 Stars.

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