



The Cheers and the Tears: A Healthy Alternative to the Dark Side of Youth Sports Today

Shane Murphy

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The Cheers and the Tears offers parents and coaches sensible advice and healthy alternative approaches to the competitive and stressful world of youth sports.

"Full of practical and helpful ideas for parents who want their child's youth sports experience to be a success. . . . Refreshing, honest, and down to earth."

--Joan Ryan, author, *Little Girls in Pretty Boxes*; columnist, *San Francisco Chronicle*

"Shane Murphy understands parents and helps them help their children. His guidance is immensely practical. This book is essential reading for anyone who works with children in sports."

--Christy Ness, Olympic figure skating coach, coached Kristi Yamaguchi to the 1992 Olympic Gold Medal in Women's Figure Skating

"The Cheer and the Tears is terrific! Shane Murphy provides excellent solutions to tough issues. If your child is involved in organized sports at any level, read this book!"

--Sean McCann, sport psychologist, United States Olympic Committee

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