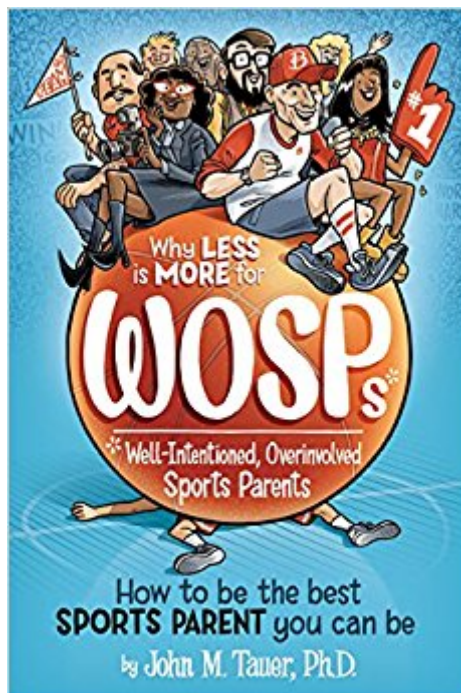


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# Why Less Is More For WOSPs (Well-Intentioned, Overinvolved Sports Parents): How To Be The Best Sports Parent You Can Be



## Synopsis

Youth sports began as a way to develop character and values, but they've evolved into a booming industry that involves millions of kids playing on traveling teams, hiring personal trainers, and attending camps and clinics, all in the hopes of achieving athletic greatness. Parents want the best for their kids. Unfortunately, wanting what is best is not always the same thing as doing what is best when it comes to children and sports. In *Why Less Is More for WOSPs* (Well-Intentioned, Overinvolved Sports Parents), Dr. John Tauer weaves rich stories together with empirical research and psychological theory to explain how the good intentions of WOSPs have gone awry to create a culture of overtrained and overstructured children. What types of goals should parents have for their children? How can we light a motivational fire in our children, and then step back and watch it continue to burn on its own? Tauer addresses these and other important questions throughout this must-read book.

## Book Information

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## Customer Reviews

*Why Less Is More For WOSP*™s • is the go to authority on the topic of parental involvement in youth sports. But what excites me most about Tauer's manifesto is that it also provides keen insight into the passions of the human mind that "for better and worse" influence parental behavior. This book is as important to youth sports and family social psychology as Eric Hoffer's classic *The True Believer* • is to sociology and political science. This book is a must read for anyone looking to understand and improve upon their approach to youth sports specifically, or their parenting skills in general. Written in an upbeat, easy to understand, and anecdotal style, I give *Why Less Is More For WOSP*™s • by John Tauer five stars and two thumbs way up!

If you have a child in youth sports today (and who doesn't), do your child and yourself, a big favor by reading this book. Dr. Tauer seamlessly blends his deep academic understanding of psychology with his lifelong passion for sports as an athlete, coach and parent. He examines how youth sports spiraled out of control and offers practical suggestions on what parents can do about it that preserve the best qualities of sport we all want our kids to learn. Well done, Coach Tauer!

Well written and engaging, this book should be required for parents of youth athletes. Tauer provides evidence-based insights into where well-meaning parents go off the rails, analyzes potential consequences of parental over-involvement in youth sports, and provides recommendations that can help kids get real benefits from sports participation. One of the ironies is that those who need to read this book the most probably won't think they need to read it, but for the rest of us navigating youth sports culture, Tauer's advice is very helpful

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