



Blood, Sweat and Cheers: Athletes Speak Out

Rob Ryder

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This book helped me understand that other athletes around the country endure similar stressful experiences that go along with sports and teenage life. And it's definitely useful in making a realistic plan for college. Tanner Starbard, 16, Basketball, California "Wow this is cutting edge honesty. I would highly recommend this book to parents, 'F' bombs and all, if they really want to know who their kids are, how they feel, what they dream, how they talk, how hard they work. It's sometimes harsh, sometimes tender, but ALWAYS REAL. A great read, insightful in a very unexpected way." Marshell Ann Wright, 41, Parent, Louisiana

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