



Coaching the Dream: A Parent's Guide: "No one cares about your child more than you!"

Deborah H Johnson

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Coaching the Dream is a “must read” for any parent who is supporting and nurturing their child on their journey to becoming a successful athlete at any level. Parenting is hard work and often, parents are developing their playbook as they go along. Unfortunately, parents don’t know what they don’t know and simply loving on your child is not enough to navigate the intricate and sometimes confusing world of athletics. This book is written by Deborah Johnson, a mom who has raised three successful athletes; two with D-1 scholarships and one in the NFL. She has this to say about sports: “In my mind, sports provide opportunities to challenge ourselves and achieve great things, opportunities that we cannot find in any other arena. Most importantly, the lessons we learn in the world of athletics are some of the most easily applied to our everyday lives, making us not just good athletes, but better human beings.” Deborah helps parents to understand that no one should care more about their children more than they do. She is a sports parent advocate and clearly makes a compelling argument why every parent should see themselves as an advocate for their children’s dreams and well-being. Parents have a role to play in whether or not their child will be able to reach their dreams. They need to be ready to steer their child through the sand traps, detours, successes and failures of following their dream. Parents will need a plan, a dream team, priorities, and a whole lot of patience. In this book Deborah guides parents through her process that led to huge successes for her children and shows parents how to formulate a plan that will work for their children.

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