



## **Recommended Reading List**

The following titles are a sampling of resources for parents and coaches covering topics including Child/Human Development, Motivation, Social Psychology, and Sport in Society. Titles are linked to Amazon.com for easy access to summaries and reader reviews.

Bronson, Po & Ashley Merriman. [Top Dog: The Science of Winning and Losing.](#)

Colvin, Geoff. [Talent is Overrated: What Really Separates World-Class Performers from Everybody Else.](#)

Coyle, Daniel. [The Talent Code: Greatness Isn't Born. It's Grown. Here's How.](#)

Csikszentmihalyi, Mihaly. [Flow: The Psychology of Optimal Experience.](#)

Dweck, Carol. [Mindset: The New Psychology of Success.](#)

Elkind, David. [The Power of Play: Learning What Comes Naturally.](#)

Epstien, David. [The Sports Gene: Inside the Science of Extraordinary Athletic Performance.](#)

Farrey, Tom. [Game On: The All-American Race to Make Champions of Our Children.](#)

Gladwell, Malcolm. [Outliers: The Story of Success.](#)

Hallowell, Edward. [The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy.](#)

Kidman, Lynn. [Athlete-Centred Coaching: Developing Decision Makers.](#)

Murphy, Shane. [The Cheers and the Tears: A Healthy Alternative to the Dark Side of Youth Sports Today.](#)

O'Sullivan, John. [Changing the Game: The Parent's Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back to our Kids.](#)

Pink, Daniel. [Drive: The Surprising Truth About What Motivates Us.](#)

Silby, Caroline. [Games Girls Play: Understanding and Guiding Young Female Athletes.](#)

Smoll, Frank and Smith, Ronald. [Parenting Young Athletes: Developing Champions in Sports and Life.](#)

Tough, Paul. [How Children Succeed: Grit, Curiosity, and the Hidden Power of Character](#)

Weissbourd, Richard. [The Parents We Mean to Be: How Well-Intentioned Adults Undermine Children's Moral and Emotional Development.](#)

Wooden, John. [Wooden: A Lifetime of Observations and Reflections on and off the Court.](#)