

ROCKSTAR VBC – Reading and podcast recommendations

PARENTS

General Recommended Reading (Books):

[How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kids for Success](#), by Julie Lythcott-Haims

[The Art of Risk](#), by Kayt Sukel

[10% Happier](#), by Dan Harris

[The Road to Character](#), by David Brooks

[Talent is Overrated](#), Geoffrey Colvin

[Outliers](#), Malcolm Gladwell

[The Sports Gene](#), David Epstein

[The Power of Habit](#), Charles Duhigg

[Going to Pieces without Falling Apart](#), Mark Epstein

[The Sleep Revolution](#), by Ariana Huffington

[Mindful Work](#), by David Gelles

Related Articles & Online Resources:

On effects of helicopter parenting on kid's success & executive functioning as adults - <http://www.dailycrackle.com/helicopter-parenting/>

On filling your athlete's emotional tank:

http://d3kv8ayplk3lle.cloudfront.net/sites/uploads/files/HSSP_Ch7.pdf

Persistence and Resilience, common traits of athletes and CEO's:

http://www.meaning.ca/archives/presidents_columns/pdfs/pres_col_feb_2006.pdf

Being a high school sports parent:

http://d3kv8ayplk3lle.cloudfront.net/sites/uploads/files/HSSP_Ch3.pdf

Parenting Athletes:

<http://www.positiveperformancetraining.com/wp-content/uploads/2015/12/Guide-to-parenting-elite-athletes.pdf>

<http://www.thepostgame.com/blog/more-family-fun/201202/what-makes-nightmare-sports-parent>

Videos/Online Links:

Why 70% of kids quit sports by age of 13:

<http://positivecoach.org/the-pca-blog/the-secret-to-sports-parenting-success/>

How "bully" parents develop:

<http://devzone.positivecoach.org/resource/video/how-bully-parents-develop>

Learn the difference between cheering and coaching:

<http://devzone.positivecoach.org/resource/video/parent-strategy-learn-difference-between-cheering-and-coaching>

Podcast Recommendations:

“Finding Mastery” – Dr. Mike Gervais

“10% Happiers” – Dan Harris

“The School of Greatness” – Lewis Howes

ATHLETES

General Recommended Reading (Books):

The Way of the Champion, by Jerry Lynch

Pyramid of Success, by John Wooden

Mindset, by Carol Dweck

Grit, by Angela Duckworth

Talent Code, by Daniel Coyle

10% Happier, by Dan Harris

The Road to Character, by David Brooks

The Art of Learning, Jason Waitzkin

The Five Dysfunctions of a Team, by Patrick Lencioni

How Full Is Your Bucket, by Tom Rath

The Art of Mental Training by DC Gonzalez

Legacy by James Kerr

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