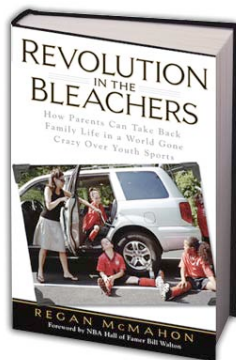


Hear Author Regan McMahon at Glorietta

When it comes to youth sports, how much is too much?
Submitted by Laurie Dunn

We all know the many benefits of youth sports. But as youth sports have escalated in intensity, competitiveness, time commitment and parent involvement, certain risks are beginning to surface as well, from overuse injuries, stress and depression to inappropriate sideline behavior and fractured family patterns.

Please join us on Monday, October 15th, at 7:00pm in the Glorietta Elementary School Multi-Purpose Room to hear local author and deputy book editor for the San Francisco Chronicle, Regan McMahon, discuss and take questions on her recently published book, *Revolution in the Bleachers: How Parents Can Take Back Family Life in a World Gone Crazy Over Youth Sports*. Ms. McMahon's book has struck a



chord with parents, coaches, and psychologists across the country and beyond with regard to the increased pressures we are putting on children to excel in team sports.

Ms. McMahon will stay to sign copies of her book that will be available for sale before and after the event. Don't miss this one! For more information, please visit www.revolutioninthebleachers.com.

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