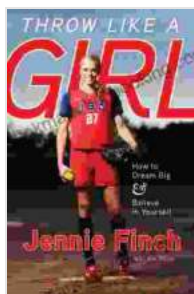


# Throw Like a Girl: Unlocking Your Potential on and Off the Field

We are not born with the ability to build self-confidence; it is a quality we learn and develop over time. Being a female athlete is one of the best ways to build self-confidence. Athletics provides an opportunity to set goals and strive for them. Achieving them helps us feel good about ourselves and our abilities. As we face challenges and overcome them, we learn to believe in ourselves more and more. The same principles that help us succeed in sports can be applied to any area of our lives.



## Throw Like a Girl: How to Dream Big and Believe in Yourself: How to Dream Big & Believe in Yourself

by Jennie Finch

★★★★☆ 4.8 out of 5

Language : English  
File size : 1106 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 150 pages



In her book, *Throw Like a Girl*, author Sarah Jane Abbott explores the power of sports to empower women and girls. With personal stories and practical exercises, she shows how sports can help us build confidence, overcome obstacles, and achieve our full potential. The book is based on

Abbott's own experience as a professional baseball player. She faced many challenges throughout her career, but she never gave up on her dream of playing in the major leagues. Abbott's story is an inspiration to anyone who has ever been told that they can't do something because they are a woman.

*Throw Like a Girl* is more than just a book about sports. It is a book about empowerment. It is about helping women and girls realize their full potential. If you are looking for a book that will inspire you and help you achieve your goals, then *Throw Like a Girl* is the book for you.

### **What You Will Learn From *Throw Like a Girl***

- How to build confidence and overcome obstacles
- How to develop leadership skills
- How to achieve your full potential both on and off the field

### **Endorsements**

"*Throw Like a Girl* is a must-read for any woman or girl who wants to achieve her full potential. Sarah Jane Abbott's inspiring story and practical advice will help you build confidence, overcome obstacles, and achieve your dreams."

#### **—Billie Jean King, tennis legend**

"*Throw Like a Girl* is a powerful book that will inspire women and girls of all ages. Sarah Jane Abbott's message of empowerment is one that we all need to hear."

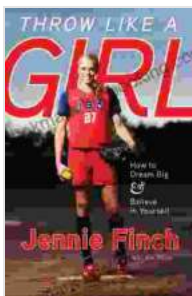
**—Michelle Obama, former First Lady of the United States**

"*Throw Like a Girl* is a game-changer. Sarah Jane Abbott's book will help women and girls everywhere unlock their potential and achieve their dreams."

**—Sheryl Sandberg, COO of Facebook**

**Free Download Your Copy Today!**

*Throw Like a Girl* is available now at Our Book Library, Barnes & Noble, and all other major book retailers.



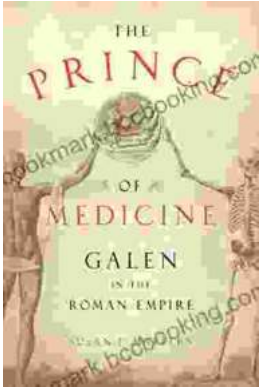
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