

GET YOUR HEAD in the GAME



FOR IMMEDIATE RELEASE



NANSHE
PUBLISHING

“SUCCESSFUL PROFESSIONAL DEBUTS SOCCER BOOK SERIES: Developing the Mental Game for our youth” Writer, Researcher, and Coach

Date: May 4th, 2016
Place: Kitchener, Ontario
Contact: Barb Chrysler
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Website: www.barbchrysler.biz
EVENT: May 27th, 2016 at 6:30-8:30 pm
RIM Park, Waterloo

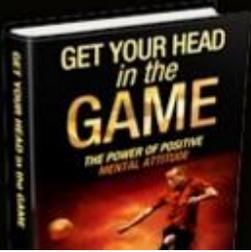
Save May 27th and witness the debut of Barb Chrysler's inspirational work on the development of the mental game not only in sports but in life. Chrysler's work will assist our youth to master their minds and develop a positive attitude. The impact of her work on our children and teenagers, is key not only to develop skills to succeed in sports but also day-to-day life as future young adults.

Her titles include: *“Get your Head in the Game: The Power of Positive Mental Attitude,”* *“One Day: A Story About Positive Attitude,”* *“The Boy who Didn't Quit,”* and *“Oh My Gosh, Josh Loves Soccer.”* This summer her new title, co-authored with Colin Lake, *“Get your Head in the Game: Become a Complete Player: Training Manual,”* will be released.

Chrysler is an outstanding professional that has dedicated 25 years of her career to developing mental health, addiction, and health care research and program design. A former part-time instructor at the University of Waterloo and the University of Guelph, she has always enjoyed teaching. Her personal experience coaching minor sports over the years motivated her to undertake research and share her findings and guide new generations in books specifically developed for youth.

While coaching, Chrysler looked for resources to assist some young athletes who were struggling on the team and found a gap in books geared to youth. She specifically wanted to create a series targeted to youth between the age of eight and their early twenties and contribute to long-term player development. Happily for us, she decided to pursue a long-time dream and started writing books in 2014. The specialty in her titles is soccer, one of the world's beloved sports.

The top five reasons youth play sports are: to have fun, do something they are good at, improve their skills, stay in shape and exercise.



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However, up to 70% of youth are dropping out of sports at age 13 and the risk of becoming involving in drugs, addictions or other excessive behaviors increase. For instance, up to 21% of young people are obese. Exercise can act as a powerful prevention component in physical and mental health.

The writer encourages our potential leaders by training their mental game and developing their emotional and relational intelligence. The game starts, as the books state, by developing abilities to meet challenging situations. Through sports children learn and relate everyday situations to core values of: responsibility, discipline, tolerance, perseverance and resilience. The result is not only mental strength but happiness.

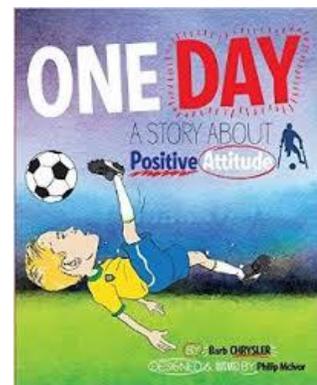
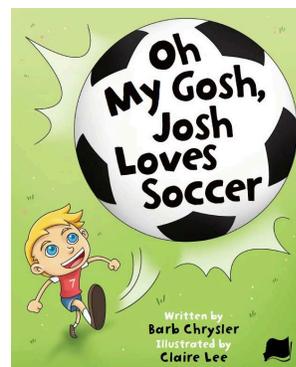
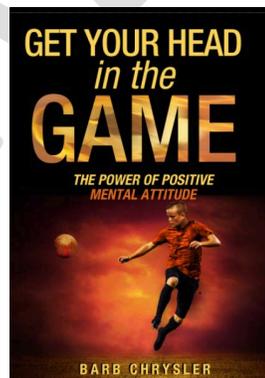
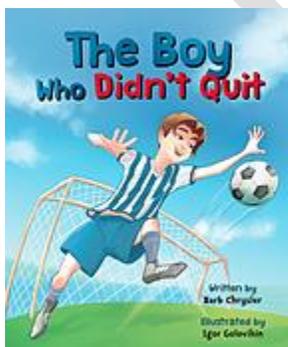
Most of all, practicing the positive attitudes outline in this book will provide youth with the skill they need to overcome challenges, stay in sports, and commit to higher goals while they are growing up. In Chrysler's words: *"What makes me keep going is the light I see in their eyes in every challenge, whether they win or lose, there is a champion in their heart and minds"*.

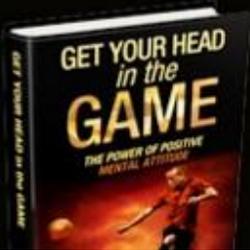
The author has already begun working on a hockey book and hopes to release the first children's story in that series later this year with the balance to be completed in 2017. In addition to the sports motivation series, Chrysler has written other motivational books for children, and individuals with addictions.

For more information, check www.barbchrysler.biz for next book-signings, to schedule a school or team visit, or acquire books. The author is available for media interviews, appearances or speeches.

Train your mind*Change your thoughts*Make your path

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GET YOUR HEAD in the GAME



BOOK REVIEWS

"*Get your Head in the Game: The Power of Positive Mental Attitude*" promotes fun, fair play and sacrifice. It takes the readers into the heads of the masters of soccer and helps us locate the winning potential in ourselves.

--- Neilson Velez, Former Pro Player Colombia,
--S.A. Former MLS Player in the United States,
--Coach & Co-Founder My Soccer Academy, U.S.

"*Get your Head in the Game: The Power of Positive Mental Attitude*" The book motivated me to continue to follow my dream of being a professional soccer player, to try harder, to believe in myself and not quit and to replace any negative thoughts with positive ones. I strongly recommend this book not just for players but for coaches and parents.

--- Cohloe Chaumont U14 Elite Academy, Niagara ON

"*Get your Head in the Game: The Power of Positive Mental Attitude*" Get Your Head in the Game shows you amazing examples of successful footballers who acted extraordinary under adverse circumstances, their examples can help you achieve your goals.

---- Didier Liango U13 soccer SouthAfrica

"*Get your Head in the Game: The Power of Positive Mental Attitude*" My favorite part of the book is reading about the drive and struggles professionals had overcome to see their dream realized. It will motivate you to pursue your dreams as a football player.

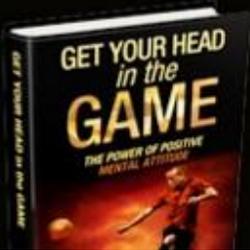
---- Ainsley Thorne Kitchener Soccer Club Coach 14 years

"*One Day: A Story About Positive Attitude*" provides the skills for success of young athletes; to stay positive, love the game, be confident and learn from their mistakes in order to succeed. The motivational stories about some of the best male and female football players in the world overcoming poverty, birth defects, health problems and family issues are sure to light the fire in any player. This is a great book for both parents and players regardless of which sports your child plays.

---- LaTisha Klein Hockey Commissioner US

"*One Day: A Story About Positive Attitude*" Greatness rarely comes as a result of a privileged upbringing- but rather, the courage to have a dream and the bravery to go out and achieve it. One Day, A Story About Positive Attitude teaches its readers exactly this concept-that no matter how difficult the circumstances one should still dare to dream. This book's stories about world-renowned football players who overcame great adversity and victoriously came out the other side speaks directly to the heart of humanity.

---- Katie Woodal, Former Player & Coach, US



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"One Day: A Story About Positive Attitude" a story about positive attitude highlights that life's obstacles are made to be transcended. Each successful player we know had to overcome different types of challenges, and so can our children who dream big. One Day reminds kids that falling is not that bad, it is an indication of your progressive movement in attaining your goals and that a winning mindset does not give in to remain down. Talent itself will not make you achieve your dreams but hard work, dedication & positive attitude.

---- Didier Liango, soccer coach, Africa

"One Day: A Story About Positive Attitude" Whilst other books look at the technical side of the game, 'One Day – A Story of Positive Attitude' looks at both the mental and social side of the game getting children to look at the barriers that professional players have gone through to become amongst the best players in the men's and women's games. The book shows that you can overcome anything and everything to become a better player whether it is injuries, psychological problems or even their own physical stature.

---- Steve Johnson. Soccer Coach. England

You are invited to a book launch of

Barb Chrysler's Soccer Series

RIM Park
Room 207
2001 University Ave. E.
Waterloo, Ont.
N2K 4K4

ALL WELCOME
BUT SPACE IS LIMITED RSVP EARLY
Join us for presentations and book signing

Presentation by **Barb Chrysler**
Get Your Head in the Game

Presentation by Special Guest **Colin Lake**
Get Your Body in the Game

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