



Sisterhood in Sports: How Female Athletes Collaborate and Compete (Paperback)

By Joan Steidinger

ROWMAN LITTLEFIELD, United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Sisterhood in Sports: How Female Athletes Collaborate and Compete tells the stories of all kinds of female athletes in a variety of sports. Their natural tendency to use talking as a primary form of communication is essential to their experiences and successes in sports. Women and girls tend to have BFFs, collaborate during periods of stress, express empathy for one another, worry about themselves and others, and desire to have fun in sports, which makes their experiences of sports and competition different from their male counterparts. Female strengths are grounded in both mind and body, and they take these strengths onto the court, field, and track. There are now dozens of studies showing how the female brain and hormones operate quite differently than those of men. This book reveals the ways in which these differences confirm that intense emotions about relationships are part of the sporting life for female competitors. Joan Steidinger uses real stories to show that women and girls compete at very high levels, but also have a different view of their teammates and opponents, one based on relationships and communication, that impacts...



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