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No More Broken Eggs: A Guide to Optimizing the Sports Experience for Athletes, Coaches, Parents, and Clinicians

**By Tom Morin
Inkwater Press**

No More Broken Eggs brings to light aspects of living and supporting young people in aspects of sport and, furthermore, in how they deal beyond sport. As an Olympic coach, Tom Morin worked with Matt Biondi (a winning United States Olympic swimmer), and he currently works in a substance abuse program. His book, subtitled "a guide to optimizing the sports experience for athletes, coaches, parents and clinicians," elaborates on the care of athletes from different role model standpoints. Interspersing stories of young athletes on their way to becoming "broken eggs," meaning burned out kids, Morin designs chapters specific to parents, coaches and clinicians outlining points necessary for success.

Throughout the book, Morin combines both his experiences of sports psychology and coaching to create a straightforward, readable and interesting method of approaching and maintaining positive attitudes towards young people and sports. His real examples illustrate his points well; he discusses a variety of cases to demonstrate the range of athletes who need support, as no two situations are identical. Using a vocabulary easy to understand, Morin lays out the most basic tools for working with young people - going beyond the sports field to show how the world of sport connects to the world beyond clearly applies.

In the end, Morin alludes to what all adults must embrace: we need to communicate with and to respect our young people, or they may not succeed in any fields that inspire them at a young age. As adults, we exist as examples, and if we do not pay attention, "broken eggs" continue.

Review by Carolyn Espe

