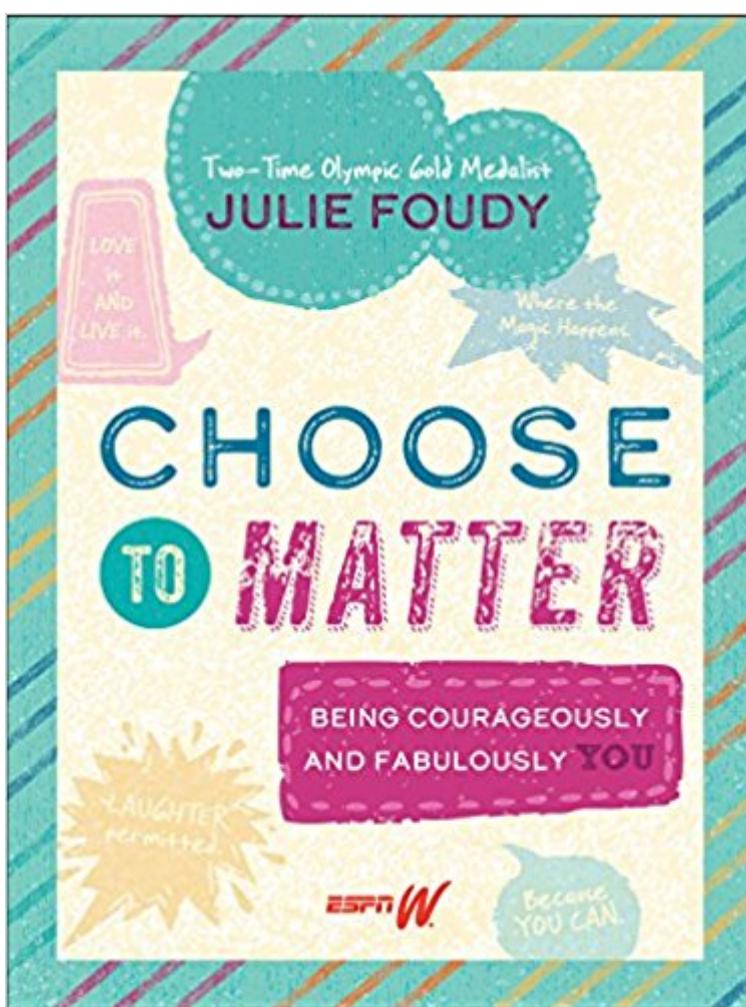


The book was found

# Choose To Matter: Being Courageously And Fabulously YOU



## **Synopsis**

In Choose to Matter, Julie Foudy, two-time Olympic Gold Medalist and former captain of the US National team, takes you on a journey to discover your authentic self. This book is a roadmap to unleash that courageous YOU and have you singing your dreams out loud. Along with sharing stories from her playing days and personal experiences, Julie taps into the wisdom of other incredible female leaders including "Good Morning America" anchor Robin Roberts, soccer stars Mia Hamm and Alex Morgan, and Facebook superwoman and Lean In founder Sheryl Sandberg. In her Leadership Academy, Julie encourages young women to find the leader that exists in all of them, whatever their personality or vocal chord strength might be. Complete with fun exercises and activities, Choose to Matter guides readers in all aspects of their lives. Julie believes every young woman has the power to be a leader who makes a positive impact. And it all starts by choosing to matter. So go ahead, start now. Because you can.

## **Book Information**

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## **Customer Reviews**

Julie Foudy is a retired American professional soccer midfielder who played for the United States women's national soccer team from 1987 through 2004. Julie participated in four Women's World Cups and three Olympics for the USA Team. She is a two-time World Cup Champion and she is also a 1996 Olympic Gold Medalist, 2000 Olympic Silver medalist and 2004 Olympic Gold medalist. She was inducted into the US National Soccer Hall of Fame in 2007. Julie's work off the field is even more important to her. She was the President of the Women's Sports Foundation from 2000-2002. She served on the Women's Sports Foundation Board of directors for seven years. Julie is the

director and founder of the Julie Foudy Leadership Academy, a unique residential camp experience that uses sports as a vehicle to teach leadership skills for life. Julie also founded the Julie Foudy Leadership Foundation whose mission is: Building on a foundation of sports and fitness, we empower young women from all socioeconomic backgrounds to become leaders who positively impact their communities. Julie is currently a reporter and analyst for ABC/ESPN, contributor and writer for espnW, motivational speaker, and proud mother of two children. Twitter: @juliefoudy Instagram: @juliefoudy

This book is wonderful. If you have a daughter, niece, or know of any young lady; GET THEM THIS BOOK!! Easy and enjoyable read. And really it's not just for girls, boys will get something out of it too. I bought 10 books to give away as gifts.

Bought for my 12 year old foster daughter, my 12 year old god-daughter, and two 17 year old nieces. Excellent information and perspective for older girls, teens, and young women, but not always accessible to my daughter (who does read below grade level). Workbook sections weren't taken very seriously by any of the girls I bought for, but they all gained insights into themselves and the fact that everyone they meet may have a different perspective, which can still be valued and respected.

Love Julie Foudy and everything about this book. I read it, my two girls (12 and 14) read it, we ordered a copy for an entire soccer team, we've given it as birthday gifts and thank you gifts. Equally applicable to my career as to my girls navigating middle and high school. It is insightful while be accessible. Kudos!

I bought this for my granddaughter who is getting ready to start high school. I have not given it to her yet as it is a present but I have read the book and it has a wonderful message for teenage girls about believing in yourselves and choosing the things that matter.

When your 14 year old daughter can't wait to tell her BFF about the book, and proceed to quote page after page, you know you hit a MOM WIN! We need to help our girls navigate their way (and they don't necessarily want to take OUR advice... but a fellow athlete--and Olympic one at that?) Buy one for every young woman in your life, and make sure to secretly read it yourself. You'll be inspired.

Great book from a very special athlete. Julie is a wonderful role model & found some other superwomen to share their stories.

This has become the gift for my daughter's soccer friends. Wonderfully written.

Great content - fun to read, inspiring, and gorgeous!

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