

# Until It Hurts: America's Obsession With Youth Sports And How It Harms Our Kids By Mark Hyman

By Mark Hyman

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<http://www.si.com/more-sports/2009/04/07/youthsports-untilithurts>

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Mark Hyman is a sports journalist and the author of *Until It Hurts: America's Obsession With Youth Sports and How It Harms Our Kids* and *The Most Expensive Game in*

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