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BlueHead Publishing is proud to announce the signing of author Shelley Hayes, and her book **YOU THROW LIKE A GIRL**.

As a professional leadership & life coach, author Shelley Hayes has witnessed powerful transformations in individuals taught to change their thinking and reframe past messages of limitations. Such lessons are especially effective when experienced at a young age.

A mother of two active boys, Shelley recognizes first-hand the limiting and often damaging effects of coaches/instructors who flippantly use derogatory verbiage to motivate. Hayes' book, **YOU THROW LIKE A GIRL** is a middle-grade, picture-book narrative written with the intent of shedding light on the power of words and perception. Infused with thought-provoking dialog and equally compelling illustrations, **YOU THROW LIKE A GIRL** demonstrates the positive effects of embracing who you are.

Hayes' book, and her own compassionate work, inspires children, as well as caring adults who also believe in equality and in positively motivating young people. In a fun story about neighborhood friends, Hayes and illustrator Megan Meyers offer a sweet story that invites the reader to embrace gender and self-expression with pride and a true sense of equality.

Shelley Hayes holds a Masters degree in Business Administration and Management as well as a Bachelors degree in Sociology with a minor in Psychology. She is a Certified Professional Coach and received certification from the International Coach Academy.

YOU THROW LIKE A GIRL will be released mid-June 2011 due to BlueHead Publishing's unique 6-month book-to-market trajectory.

For more information, go to: <http://youthrowlikeagirlbook.com>