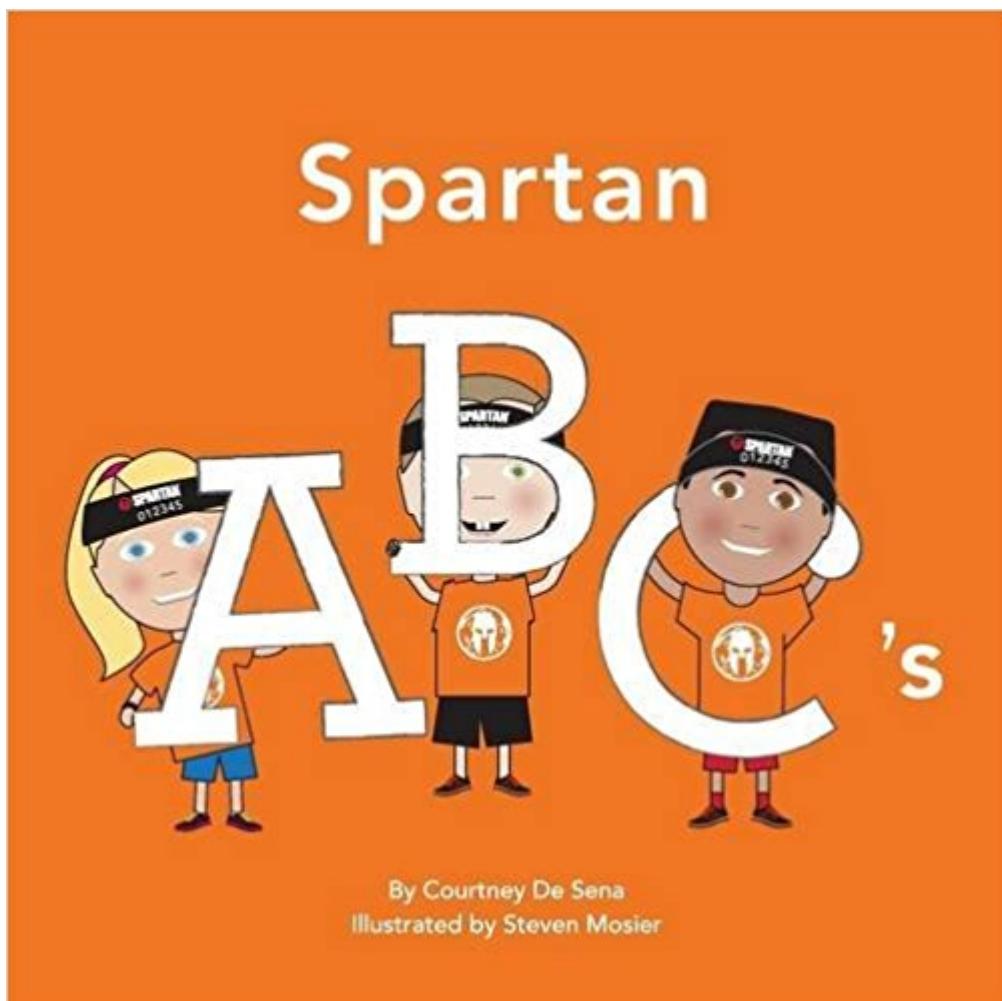


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## Spartan ABC's



## **Synopsis**

Courtney De Sena knows a little something about raising mighty Spartan kids. As the mother of four young children, De Sena is always looking for ways to inspire her children to reach their full potential. Her boundless enthusiasm shines as she merges the fundamental values of the Spartan lifestyle with the basics of mathematical and language development in SPARTAN Numbers and SPARTAN ABC's. The multi-talented De Sena, an accomplished athlete and business pioneer, has created a picture book sure to mentally and physically motivate children to develop those Spartan values that will help them succeed in life – grit, perseverance, enthusiasm, kindness, sharing and taking time to have fun. Steven Mosier illustrates this colorful picture book, which teaches your growing warrior about healthy eating and the importance of physical activity while reinforcing the linguistic and numerical building blocks of everyday life.

## **Book Information**

Paperback: 58 pages

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Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

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## **Customer Reviews**

Courtney De Sena grew up in Pembroke, MA and went to Penn State on the first full soccer scholarship awarded to a woman. She helped lead the Nittany Lions to their first Big 10 title as a freshman and advanced to the NCAA Final Four as a senior. She currently oversees the De Sena properties: Riverside Farm for weddings and events in Pittsfield, VT; Amee Farm, a small organic farm, and Amee Farm B&B. She is a mother, wife, marathoner, skier and coach of her son's soccer team. Courtney and Joe De Sena have four children. Steven Mosier is a graphic designer based in New York City. Over the course of a 16-year career he has worked with major brands such as Ford, NASDAQ, the Museum of Modern Art, Socrates Sculpture Park, The Blanton Museum at the

University of Texas, Phillips Auction house as well as real estate marketing and branding. His love for sports and fitness has found its way into his recent work with the Reebok Spartan Race, marketing and branding for private trainers, Crossfit gyms, and other fitness businesses. A near-death cycling accident in 2009 introduced him to obstacle racing, marathons, and Crossfit. He also enjoys playing and coaching ice hockey, snowboarding, softball, football and yoga.

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