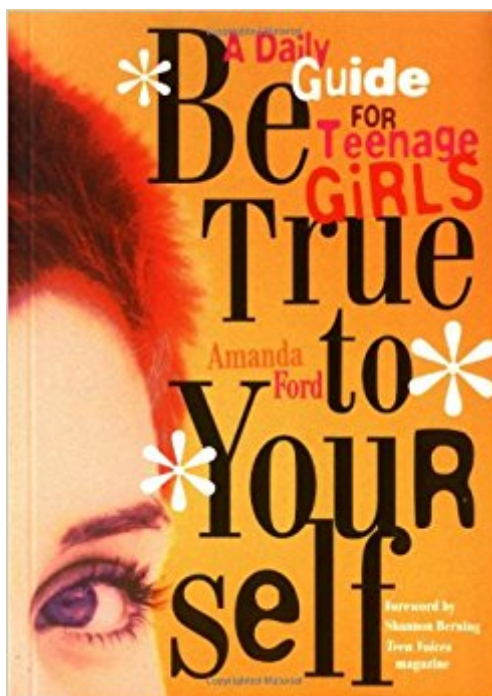


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Be True To Yourself: A Daily Guide For Teenage Girls



Synopsis

Having recently emerged from the tumultuous teenage years herself, Amanda Ford saw the need for a guide to help girls learn to listen to their inner voices and think for themselves. Inspired by such popular books as *Simple Abundance* and *The Woman's Book of Courage*, her book offers support to young women as they navigate one of the most confusing and challenging times of their lives. As anyone familiar with teenagers knows, there is nothing they hate more than being told what to do or how to think by "out of touch" adults. Here's the real scoop from one who knows the score. In 365 one-page essays, Ford offers stories, information, and advice on all the important issues facing young women today: boys, dating, drinking, self-esteem, fights with friends, dealing with parents, and more. Girls will find comfort, encouragement, and insight in these pages, along with suggestions for articulating and confiding their feelings, fears, and frustrations.

Book Information

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Customer Reviews

Amanda Ford is a young, vibrant writer with a talent for uncovering extraordinary meaning in everyday events. In her most recent book, *Retail Therapy*, Amanda takes an insightful and fun look at the lessons we can glean while participating in a common activity: shopping. Amanda's work has been featured in publications such as *Real Simple*, *Glamour*, *The Chicago Tribune* and *The Seattle Times*, and she is a regular contributor to the popular travel website *Girl's Guide to City Life*. You can contact Amanda through her website.

Overall, I was disappointed with this book. After reading the description and even looking Inside the book on , I was looking forward to giving this book to my daughter as she begins junior high. After reading several passages I'm tempted to return it instead. Another possibility is to read the entries myself and use them as scenarios to talk through with my daughter so that if she runs into a similar situation, she has the tools to make the best decision for her. The book had several light entries such as the suggestion to clean your room before the school year starts "will clear your mind and get you ready to jump into a new school year". But there are many other entries of a more serious nature that I didn't appreciate the author's guidance. One entry on flirting encouraged girls to flirt and be proud of it, including a line that she regularly flirted with every guy even when she had a boyfriend. On drinking - while she does include good suggestions such as Be Careful!, control yourself when drinking and don't go over your limit as well as a list of possible negative consequences of drinking she also makes light of the situation by stating "if you puke you've had too much." Sex- She spends seven days in a row talking about sex and while I again appreciate some of her advice "you are your own person - follow your own schedule and your own comfort level." She also talks about writing a commitment to yourself and listing reasons for that commitment but she suggests you revisit this commitment as you grow up and change it with your new decisions. To me, it implies you will be more comfortable with different sexual actions as you grow up and your boundaries will lower. While there are many entries with good advice, I just wish it set higher standards. It's hard enough for our teens to make good decisions with risky influences all around them in today's culture, I don't need a nineteen year old sending mixed messages and ultimately lowering the bar. What I hoped would be a big sister approach reaffirming good decisions, it comes across more like a teenager, bouncing between making good decisions and being influenced by others herself.

I was really looking forward to giving my mature 12 year old this book for Christmas. She is already facing some "teenage dilemmas" and I thought this would be a fun, thoughtful gift. Before I received this, I looked at the reviews one more time and was disappointed to read the experts about teenage drinking... In one passage, the author writes "if you puke, you've had too much." I was hoping this wasn't the case. The book arrived today and unfortunately, there is a passage about drinking alcohol that says things like "know your limit" and "drink responsibly." WTF!? I view myself as an openminded, young, tattooed mother who works in the field of addiction treatment and this is absolutely obscene. To even suggest that "if you puke, you've had too much" is horrific advice that could lead to alcohol poisoning or even, death. The last sentence in this excerpt says something

like, it's better if you don't drink at all because you will be happier and healthier... Come on, the bad advice was already given. I would never give this to my teenage daughter or anybody else's. Please be aware.

I read this book when I was fourteen and I am now 24. I LOVED it. It really got me through a lot of the awkward phases of my teenage years and inspired me to be creative and expressive. I don't know how much of my adult life I can now credit to this book, but I am certain that many of the tough lessons of adolescence were made smoother by Amanda Ford's advice and ideas. I just purchased this book for my 14 year old sister and I can't wait for her to read it. I've been flipping through it, and it is just as relevant and helpful as I remember it being 10 years ago. I definitely recommend it to parents with teenage girls.

Exactly as expected! I would recommend!

This was a good little daily for my teenage granddaughter. Thanks for great service and price.

My 12 yr old daughter INHALED this book...It comes in one page chapters, and is practical advice and also lends perspective to many of the problems/ issues of 'tweens and teens'. This is my own take after perusing the book. The beauty of this book is that it invests a baseline of perspective and problemsolving (training) for our children, clarifying for them what are abstract problems for them because they do not have any actual experience in many of these matters to draw from. Many of the things I read on in the book are too simple for us adults to even consider issues; but are for them... I am very pleased and thankful for this book for my daughter.

Be True to Yourself : A Daily Guide for Teenage Girls, is a treasure. It is an important and powerful book; a book that every teenage girl should read. Amanda Ford's writing style is simple, honest and very real. You know she is speaking from her heart and from her own experiences. This is a book with integrity. It is one that the reader can open to any page and find inspiration and guidance. Like Sarah Ban Breathnach's "Simple Abundance," Be True to Yourself has a daily message. The book will never become outdated and it can be read day after day. Each page is like a precious gem that shines on its own. There is no gift you can give that will help a girl more during her teenage years than Be True to Yourself. It will become her best friend and companion.

Bought it for the kid, shes a teen and I figure she needs as much input about things as I can give to keep her out of trouble/deal with life. She reads this book the most just on her own and highlights things in it so it must be helpful to her.

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