



## Girls: What's So Bad About Being Good?

*Harriet S. Mosatche Ph.D.*

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# Girls: What's So Bad About Being Good?

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## A Girl's Guide to Growing Up

Being a girl is a lot of fun most of the time. But some days are really difficult. Dealing with a body that is changing before everyone's eyes, increasing amounts of schoolwork, boys, other girls, friends, makeup, clothing, parents. Wow! Life as a preteen or early-teen girl is tough, and that's why every girl has questions about growing up. Fortunately, now you have some help.

**Girls: What's So Bad About Being Good?** is your new guide to surviving those trying times and feeling good about yourself in the end. Inside, a mom and her daughter—who's about the same age as you—team up to help you figure out what's really important in life and how you can become the person you want to be. You'll find some great ways to handle emotional issues and deal with daily crises as you discover how to:

- Develop a positive self-image
- Maintain healthy relationships with parents, friends, and boys
- Deal with peer pressure, bullies, brats, and violence
- Dream big and turn those dreams into reality!
- And so much more!

"A lively, relevant, and valuable resource that can not only empower but also help girls keep open the lines of communication with the important adults in their lives." —**Marty Evans, national executive director, Girl Scouts of the USA**

"A great book for preteen girls! The best of both worlds with the smarts of a mom and a daughter!" —**Karen Bokram, editor in chief, Girls' Life magazine**

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