



What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice

Daree Allen

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Premarital sex. Drugs. Dating violence. Dropping out of school. So many choices, good and bad, are available for youth in America today, and girls continue to be especially vulnerable. They often blame themselves for things that go wrong in their lives, even when it s not their fault. They ask, What s wrong with me?, or they hear, What s wrong with you?! and brace themselves for the denigrating comments to follow. It s a timeless theme: girls grow up in every generation struggling with self-esteem, confidence, body image issues, uncertainty about dating, and insecurity about their identities. Where do they turn for answers or role models? Friends and peers don t make for such great influences and mentors when they are floundering themselves. Images of women of color in the media (TV and music videos) reinforce an impossible ideal and lack of self-esteem. How do girls today make decisions that will positively impact their future and not become victims of their surroundings? How can they affirm their Christianity proudly and not succumb to the deteriorating values of modern society? In this empowering Christian self-help book, Allen weaves her memoir from 20 years of journaling with lessons that still ring true for girls today, about such topics as accepting their identity, adopting a healthy body image, dating relationships, dealing with toxic friends and family members, avoiding or delaying premarital sex, building self-esteem, developing a positive attitude, dressing for success, setting goals, spending money wisely, handling anger and depression, and embracing their singleness, discovering their life purpose, and keeping God first.

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Kristin Walker:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice, you may enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

Lee Henry:

What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice can be one of your starter books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to get every word into pleasure arrangement in writing What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice but doesn't forget the main stage, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information may drawn you into fresh stage of crucial thinking.

Mathew Jones:

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