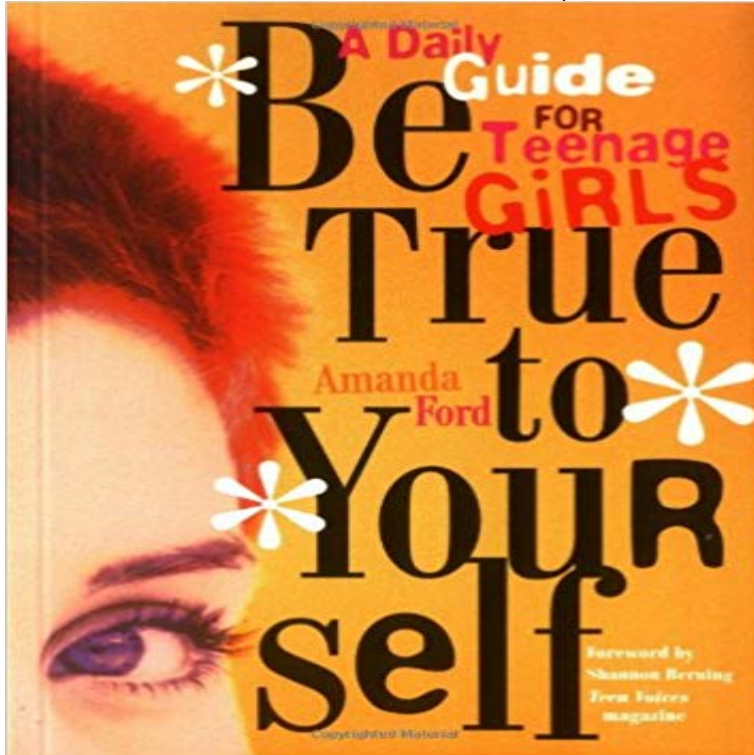


## Be True to Yourself: A Daily Guide for Teenage Girls



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 Womans 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.

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