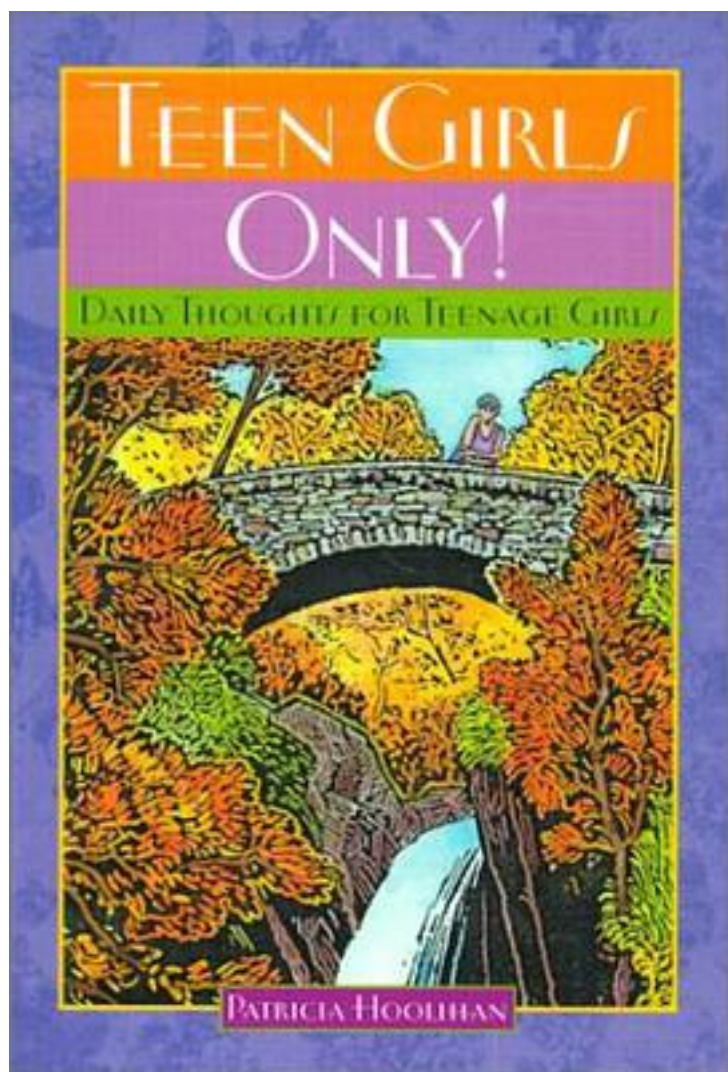


Teen Girls Only!



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著者:Hoolihan, Patricia

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This book of daily meditations for teenage girls offers inspiration, hope and comfort to those in the midst of the turbulent teens. For girls ages 14 to 18, each meditation explores a relevant issue and models a healthy way to cope or explore, celebrate or reflect. Approximately twice a week, the meditation closes with an idea for a writing or journalling exercise. In this way, teens are provided with a concrete way to process or reflect on what they have read. The other meditations close with a thought for the day. Most of the meditations open with a quote from various sources of inspiration: Maya Angelou, Cameron Diaz, Princess Diana, Miss Piggy, Susan B. Anthony and others. The meditations are designed to help teen girls be more conscious and aware of developmental, cultural, and personal factors affecting them. The importance of friendships, of dreams and goals, of respect for other family members are among many topics. The particular hazards and joys of being female are explored: for instance, how does the role of beauty in our culture affect girls coming of age? Written by Patricia Hoolihan, who has been writing about family and spirituality for over ten years, the book is sensitive, gentle and hopeful: a lifeline to be tossed to any girl (young woman?) crossing the stormy seas of teen-hood. Patricia Hoolihan is the author of "Small Miracles: Daily Meditations for Mothers in Recovery" (Bantam). She also co-authored "Today's Gift," a meditation book (Hazelden) and written "Family Attitudes," and "The Step Dance: Ins and Outs of Stepparenting" (Hazelden). Ms. Hoolihan lives with her family in Minneapolis where she teaches at Metropolitan State University and The Loft. Photo Credit: William Pringle Rodman.

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