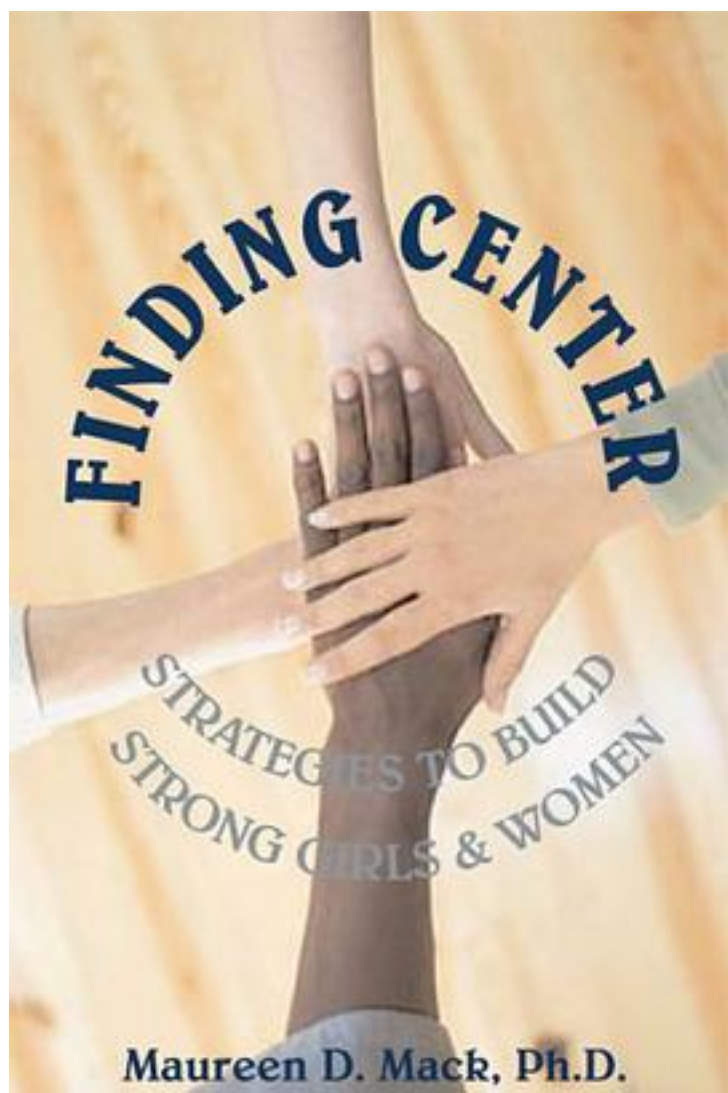


Finding Center



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Today's females in America are equipped with a "you go girl" attitude and given opportunities that were not extended to their mothers. However, amid this world of dramatically different experiences, girls and young women are not taught to negotiate these new horizons in the face of persisting false and debilitating stigmas. At school, in the community, and on the job, women are still seen as sexual objects and secondary players. Finding Center draws upon the contemporary circumstances that affect the lives of girls and young women and provides up-to-date information and empowering tools to transform external pressures into internal strengths. Chapters include "Alcohol in the Family," "New Age Schooling," and the final chapter, "A Beautiful Girl — A Beautiful Woman," which dispels the idea of popular beauty standards and provides readers with an internal standard of value.

Packed with powerful information and presented in a easy to read style, Finding Center instructs women in the art of centering themselves and developing confidence by building a better sense of identity from within, leaving the fad of the dissatisfied princess behind in her castle and forging the trend of women who value themselves.

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