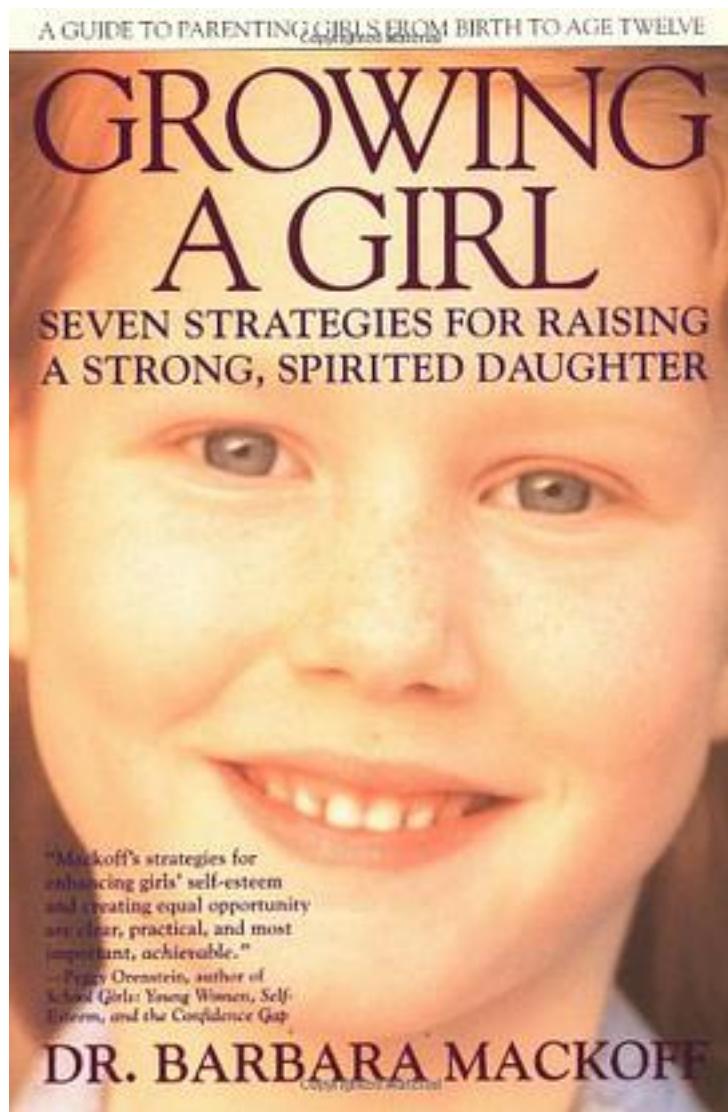


GROWING A GIRL



[GROWING A GIRL_下载链接1](#)

著者:Mackoff, Barbara L.

出版者:Bantam Dell Pub Group

出版时间:1996-10

装帧:Pap

isbn:9780440506614

“Mackoff’s strategies for enhancing girls’ self-esteem and creating equal opportunity are clear, practical, and most important, achievable.” —Peggy Orenstein, author of *School Girls: Young Women, Self-Esteem, and the Confidence Gap*

“IS THAT YOUR DAUGHTER? ISN’T SHE PRETTY?”

Like parents of girls everywhere, psychologist Barbara Mackoff often heard her young daughter Hannah dismissed with those words. So often that she started to reply: “And she’s smart too.” Hoping to counter the culture that she feared would stereotype her daughter and diminish her confidence, Dr. Mackoff spent three years searching for strategies to nurture Hannah’s growing sense of self. The result is *Growing a Girl*.

Offering hundreds of specific suggestions and tools for fostering a daughter’s independence and individuality, *Growing a Girl* encourages parents to act now by exploring seven practical paths. Based on clinical research and Dr. Mackoff’s highly acclaimed *Growing a Girl* workshop, this extraordinary book offers parents the skills to shatter stereotypes that can stunt a daughter’s growth while giving her the tools to nourish her strength, spirit, and capacity to care.

YOU WILL DISCOVER:

- How gender stereotyping starts at birth—and how you can prevent it
- Why she can wear a velvet dress to the ballet and still climb to the treetops
- What to do about Barbie dolls and traditional fairy tales—without spoiling your daughter’s fun
- How to discover and honor her feelings
- How to counteract our culture’s emphasis on physical beauty
- How to bring home heroines—in books, magazines, movies, and in her community
- How to recognize and strengthen your daughter’s learning style—and build on her natural interests in science and math
- And more.

作者介绍:

目录:

[GROWING A GIRL 下载链接1](#)

标签

评论

[GROWING A GIRL 下载链接1](#)

书评

[GROWING A GIRL 下载链接1](#)