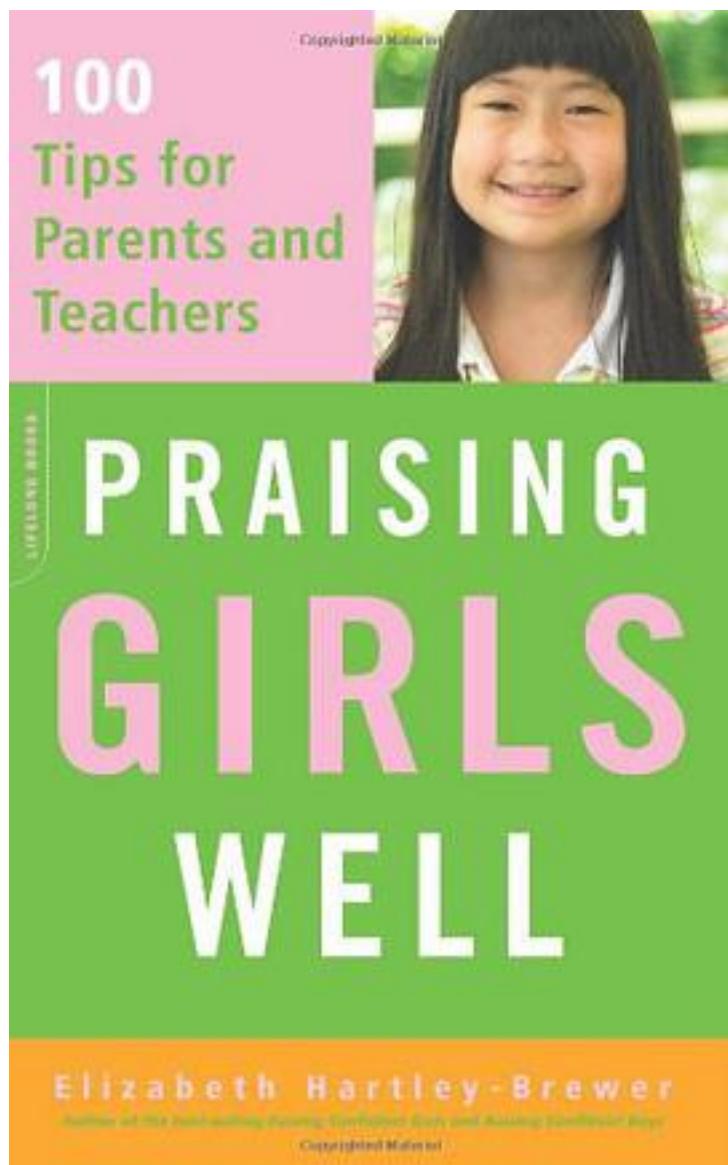


# Praising Girls Well



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出版者:Perseus Books Group

出版时间:2006-2

装帧:Pap

isbn:9780738210223

《自尊女孩手册:培养快乐自信女孩的100个建议(家长和教师必读)》作者试图通过这些建议,告诉家长和教师如何:

- 认识当今女孩子面临的机遇和挑战;
- 帮助女孩子提升内在力量,应对学校、朋友及社会对她们的要求;
- 调控女孩子的行为,维护和提升她们的自尊;
- 支持女孩子学习,教会她们自律,帮助她们实现自己的目标。

所有的父母都希望自己的女儿拥有自尊。自尊可以使她们更加快乐,对自己的生活更加满意,使她们充满自信,确保她们更好地学习、娱乐、爱和沟通。

随着女孩子年龄的增长,她们的自尊时高时低。如果家长们知道女孩子可能在什么时候陷入困境,变得脆弱和易受伤害,并导致其自尊水平低下,他们将能给女孩子提供更大的帮助。

From the best-selling author of *Raising Confident Boys* and *Raising Confident Girls*, how parents and teachers can bolster a child's genuine self-esteem rather than foster a false sense of confidence. Girls like to have their accomplishments noticed, but sometimes the need for praise can spiral into a constant quest for perfection. Girls may have a propensity to do things not because they judge it to be right or helpful but rather to stay in people's good graces. The result is that they can become cut off from their own true selves. *Praising Girls Well* points the way to using praise in a manner that will boost a girl's inner confidence, help her to understand it's okay to make mistakes, and guide her to trust in her own judgment. Brimming with practical tips for everyday use, this is a handbook to revisit time and again for our girls' grandest-and smallest-successes.

作者介绍:

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