



Just Be You Girl (A Guide to Self-Esteem for All Young Girls Not Living on a Deserted Island)

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Just Be You, Girl - For girls age 10-13 years

It can be tough to be a young girl in today's world. The beauty and entertainment industry today directly target younger and younger girls with illusions of perfection and glamour that can make the reality of life very hard to accept. Add to this the effect of current technology and all the just normal growing up stuff and it is no wonder that many young girls today seem to be dealing with tougher self-esteem issues at a younger age.

There are so many influences in the world that can affect how a young girl sees herself and not all of them may be obvious to young eyes. Just Be You, Girl asks the young reader to open her eyes to the world around her and start thinking about how all the things she encounters each day actually shape how she feels about herself. Both inspirational and educational, the overall theme of JBYG is to help girls' understand the external influences which may shape their self-perception and teach them positive ways in which to deal with such pressures so that they learn to look within themselves to find their strength and beauty.

JBYG is written in an easy conversational style, with lots of beautiful imagery designed to captivate a younger audience while maintaining honesty, maturity and respect for both the subject matter and the reader.

About the Author

Carolyn McMahon, herself a former young girl, now has a beautiful young daughter of her own. New to writing, Just Be You Girl was born from the endless discussions Carolyn has had with her daughter surrounding the issues of self-esteem and the need for a strong self-image. In addition to utilizing the knowledge gained from her own background in Marketing and Advertising, Carolyn draws on available research as well as the common-sense guidance of many of the women in her own life and beyond.

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