



101 Ways to Help Your Daughter Love Her Body

Brenda Lane Richardson, Elane Rehr

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Sit up straight so your tummy doesn't hang out. Thin is always in. You look so much prettier when you smile. Guys like girls with big boobs. Now that you've got your period, you's better be careful. I'd kill to have legs like yours.

With negative messages bombarding our girls on a daily basis -- from misguided adults, from peers, from the media -- how can our daughters possibly feel good about their bodies? While you may not single-handedly be able to change society there are ways to make sure that your daughter's sense of self is strong and sustaining. In fact, this hands-on guide offers 101 ways!

In *101 Ways to Help Your Daughter Love Her Body*, two mothers -- one a clinical psychologist, the other an award-winning journalist -- have teamed up to provide parents with practical ideas tailored to girls from birth through the teenage years. These initiatives inform parents and encourage them to take active roles in helping their daughters develop confidence, treat their bodies with love and respect, and make peace with their unique builds so that they can revel in a sense of femaleness and physical competence.

Psychologically astute and fun to read, this proactive guide will help define a new generation of healthy girls. There's no better time than now to help our daughters, young and growing, learn to love their bodies.

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