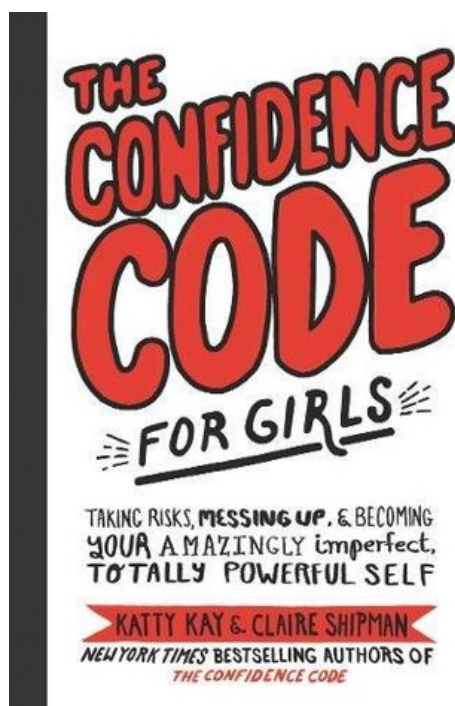


Obtener libros The Confidence Code for Girls: Taking Risks, Messing Up, Becoming Your Amazingly Imperfect, Totally Powerful Self

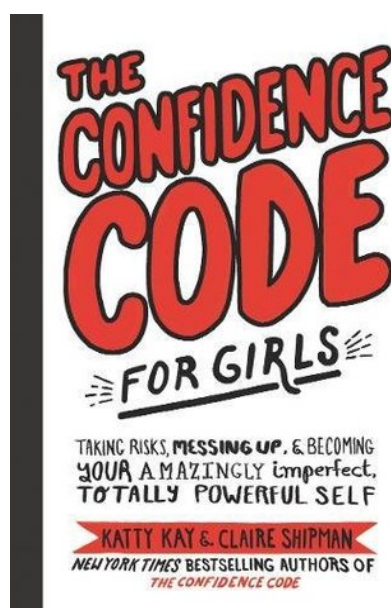
By Katty Kay



Girls can rule the world?all they need is confidence. This empowering, entertaining guide from the bestselling authors of The Confidence Code gives girls the essential yet elusive code to becoming bold, brave, and fearless. It?s a paradox familiar to parents everywhere: girls are achieving like never before, yet they?re consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren?t getting ?perfect? grades, and how many likes and followers they have online.Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most?the tween and teen years.Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges;

and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic

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