

THE CONFIDENCE CODE FOR GIRLS

TAKING RISKS, MESSING UP, & BECOMING
YOUR AMAZINGLY imperfect,
TOTALLY POWERFUL SELF

KATTY KAY & CLAIRE SHIPMAN

NEW YORK TIMES BESTSELLING AUTHORS OF
THE CONFIDENCE CODE

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Confidence Code for Girls:
Taking Risks, Messing Up,
Becoming Your Amazingly
Imperfect, Totally Powerful
Self (pdf) Katty Kay**

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Synopsis book

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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THE CONFIDENCE CODE FOR GIRLS

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YOUR AMAZINGLY imperfect,
TOTALLY POWERFUL SELF

KATTY KAY & CLAIRE SHIPMAN

NEW YORK TIMES BESTSELLING AUTHORS OF
THE CONFIDENCE CODE

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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Description

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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