

Raising Girls

BY THE
BEST-SELLING
AUTHOR OF
RAISING
BOYS

**How to Help Your Daughter Grow Up
Happy, Healthy, and Strong**



Steve Biddulph

Resumo de Raising Girls: How to Help Your Daughter Grow Up Happy, Healthy, and Strong

A practical guidebook and passionate call-to-arms for parents of girls that empowers them to raise confident, well-rounded daughters in an exploitative world, from the author of the international bestseller "Raising Boys". "Raising a happy, healthy, well-adjusted daughter from babyhood to womanhood can be a challenge.

Girls need to be strong, and in this warm-hearted book, best-selling parenting author Steve Biddulph brings together the finest thinking from around the world on how to raise daughters who are self-assured, know they are loved, and can stand up for themselves and others.

With gentle humor and proven wisdom backed by decades of experience as a family psychologist and father, Biddulph shows parents of girls how to navigate the obstacles of growing up in a world that seems bent on poisoning their confidence.

Biddulph also discusses: The five stages of girlhood, and how to help them go smoothly. How to deal with bullying, mean girls, and social media. Ways to ease the transition into the teen years.

What you need to know about healthy body image, food, and eating disorders. The importance of girls' friendships and how to support them. How to help girls happily and confidently relate to boys.

With unforgettable success stories of girls growing up wise and warm, "Raising Girls" is fierce and tender; loving and concerned. It is both a detailed guidebook and a passionate call-to-arms to defend and empower girls everywhere."

[Acesse aqui a versão completa deste livro](#)