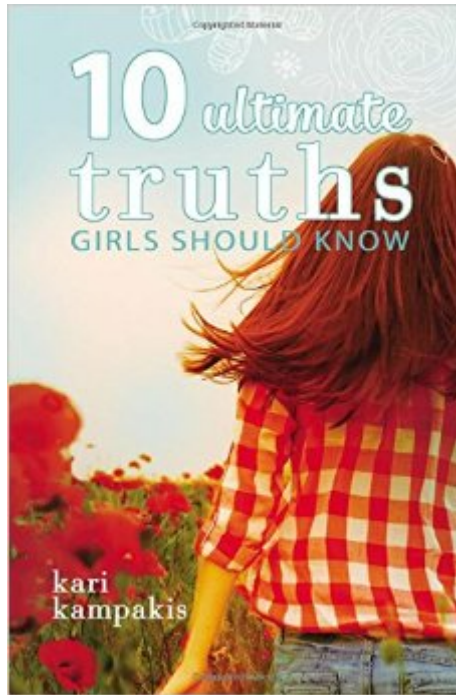


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# 10 Ultimate Truths Girls Should Know



## Synopsis

These 10 simple truths can build one big change in your daughter's life. When Kari Kampakis wrote a blog post titled "10 Truths Young Girls Should Know," the post went viral and was shared 74,000 times on Facebook and pinned 20,000 times on Pinterest. Obviously her message strikes a chord. This nonfiction book for teen & tween girls expands on these 10 truths and can reach the hearts of both mothers and daughters. Teen girls deal daily with cliques, bullying, rejection, and social media fiascos. Kari wants girls to know that they don't have to compromise their integrity or their future to find love, acceptance, and security. Her 10 truths include: Kindness is more important than popularity. People peak at different times of life. Trust God's plan for you. Get comfortable with being uncomfortable. Otherwise, you'll never stick to your guns. Today's choices set the stage for your reputation. You were born to fly. Fans of Kari's blog and newspaper column will not want to miss her first book. Filled with practical advice, loving support, and insightful discussion questions, *10 Ultimate Truths Girls Should Know* is a timely and approachable list of guidelines that will help young girls navigate a broken world and become the young women God made them to be. Trim Size: 5.5 x 8.375

## Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (140 customer reviews)

Best Sellers Rank: #8,939 in Books (See Top 100 in Books) #7 in Books > Teens > Religion & Spirituality #7 in Books > Christian Books & Bibles > Children's & Teens > Teens #2081 in Books > Religion & Spirituality

## Customer Reviews

This book is amazing in MANY ways! First, the 10 truths are great: 10.) Kindness is more important than popularity 9.) You were born to fly 8.) Today's choices set the stage for your reputation 7.) Chasing boys doesn't make you cool. It makes you a nuisance (LOVE THIS ONE!!) 6.) You weren't made to worship yourself 5.) People peak at different times in life. Trust God's plan for you 4.) Get

comfortable with being uncomfortable. Otherwise you'll never stick to your guns<sup>3</sup>.) Boys are visual creatures. The clothing choices you make affect the way they see you.<sup>2</sup>) Pretty girls are a dime a dozen. Outer beauty attracts attention, but inner beauty is what holds it<sup>1</sup>.) The source of all peace and happiness lives inside you. Learn to listen to the whispers of God over the megaphone of public opinion. As you can see, these are some pretty deep, but also relevant topics for teen girls today. One thing that makes this list great is that it uses language and stories to meet girls where they are! It puts Biblical examples and scripture in an accessible and practical light for these girls. Each Chapter begins with one of the truths (descending from 10-1), and that entire chapter explains that truth, gives examples, uses scripture, and has discussion questions all pertaining to that truth. This allows each truth to be thoroughly thought about, discussed, and truly absorbed. Another thing I LOVE about this study is that it has "Quick quizzes" that give a scenario and a few choices of different reactions. For each reaction it offers a piece of wisdom. IE "If you answered B or D, you are thinking correctly. You've put your friend over a bad hair day and the bad attitude that can result.

We have a pre-teen daughter who has been actively involved in anti-bullying practices in and around her social circle. She has gone as far as setting up a group of friends in her school that watch for bullying and intervene by way of informing teachers, counselors, etc. This has come a long way and she sees the negative impacts that these types of situations have on people involved...the victim and the bully are both negatively impacted. I was able to get her two books on the topic, this book and another. The books both focus on helping the victim understand that they are much better than the people around them would lead them to believe. Positive reinforcement. This book deals with all of the things that a pre-teen or a teen may be facing in their daily lives. It is a guide to help them understand that they are better than what they may be feeling. The layout of the book is interesting in that it gives you real world examples and explanations followed by questions about the topic matter. The answers to the questions can be written in the space provided in the book thus making this book a workbook of sorts towards self improvement and believing in oneself. The book does use a lot of biblical references which may not be applicable to most situations (depending on the religion one follows). However, the religious aspect of the book does not detract from the end goal. Children have a lot to deal with these days in their social lives. Friends at school, friends on social networks, friends outside of school, etc....there are a lot of decisions they must make and giving them the right guidance through your teachings and or books like this help them along in the right direction.

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