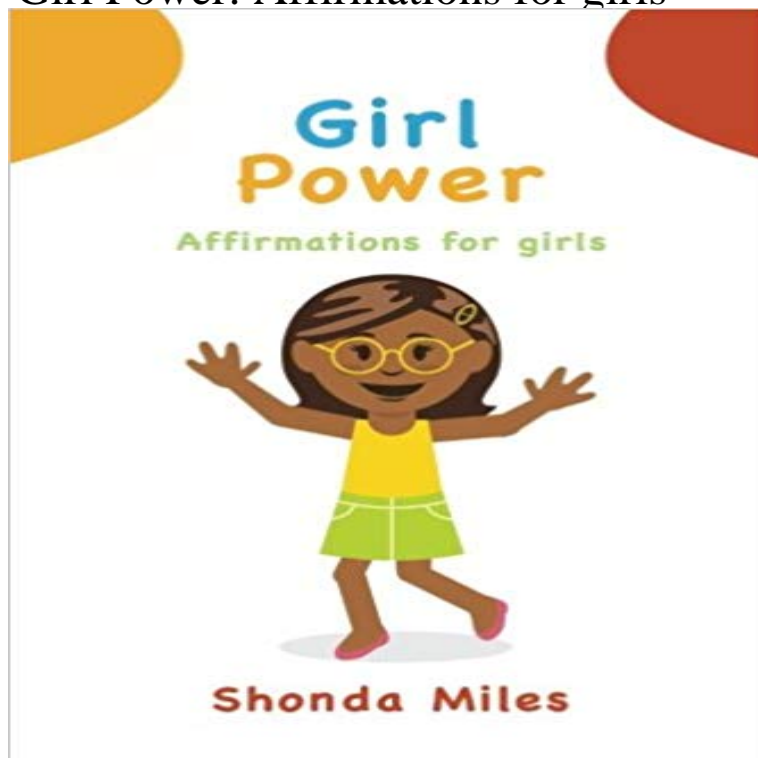


## Girl Power: Affirmations for girls



In Girl Power, author Shonda Miles wants to empower young girls. High Self Esteem is critical for girls today. Girls are judged so harshly by the way they look especially by their peers. It is essential that girls believe the right things about themselves. The truth is if a girl believes in herself and talks to herself in a positive way then nothing will stop her from achieving her goals. Girls who have poor self-esteem grow up to be Women with low self-esteem. Girls need to practice positive self-talk every day. The purpose of this book is to help girls do just that.

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