



200 Ways to Raise a Girl's Self-Esteem: An Indispensable Guide for Parents, Teachers & Other Concerned Caregivers

Will Glennon

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Studies show that young girls often develop faster than their male counterparts, grasping concepts such as math and sports just as easily -- until they reach early adolescence. Then, girls quickly fall behind boys, victims to society's confusing dictates of what being female means. According to parenting expert Will Glennon, reinforcing a young girl's self-esteem through carefully considered "boosters" is the key to helping girls hold their own in the world. This guide helps parents and teachers understand the subtle difference between "boosters" and "busters." For example, complimenting a young woman on her appearance may give her the idea that she is valued only for her looks. In *200 Ways to Raise a Girl's Self-Esteem*, readers will find ways to impart a strong sense of self-worth to girls in everyday situations.

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