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# Raising Girls Why Are Different And How To Help Them Grow Up Happy Strong Gisela Preuschoff

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The Feminist's Guide to Raising a Little Princess  
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 A Prayer for Owen Meany

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## VANESSA MALLORY

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The Feminist's Guide to Raising a Little Princess Hyperion  
 Kasey Edwards has everything she's always wanted: a successful career and the lifestyle and assets to match. But she's empty and uninspired and doesn't want to go to work . . . Ever again. Terrified that she'll spend the rest of her life wearing pinstripes and pretending to care about 'adding value', Kasey embarks on a quest to rediscover passion and purpose in her life and work. We follow her on a journey of self-discovery as she looks for meaning in a puppy's eyes, begs her gynaecologist to cure her existential crisis, dabbles with the Law of Attraction and braves ten days of silent meditation. Meanwhile, her best friend Emma, who is experiencing a similar crisis, concentrates her search in the fields of casual sex and vodka shots. This irreverent yet poignant memoir will make you question our definition of the 'perfect life',

laugh at the absurdity of the modern workplace and be warmed by the story of a friendship. Rise above your office cubicle for a moment and join Kasey in asking life's big questions - and find the courage to listen to your answers.

**Raising Great Girls** HarperCollins UK

"If you're raising a boy, you need this brilliant book. It is clear, wise, and eye-opening." —Lisa Damour, Ph.D., author of *Untangled* When boys enter puberty, they tend to get quiet—or at least quieter than before—and parents often misread their signals. Here's how to navigate their retreat and steer them through this confusing passage, by the bestselling author of *The Care and Keeping of You* series and *Guy Stuff: The Body Book for Boys*. What is my son doing behind his constantly closed door? What's with his curt responses, impulsiveness, newfound obsession with gaming, and . . . that funky smell? As pediatrician and mother of two teenagers Cara Natterson explains, puberty starts in boys long before any visible signs appear, and that causes confusion about their changing temperaments for boys

and parents alike. Often, they also grow quieter as they grow taller, which leads to less parent-child communication. But, as Natterson warns in *Decoding Boys*, we respect their increasing “need” for privacy, monosyllabic conversations, and alone time at their peril. Explaining how modern culture mixes badly with male adolescent biology, Natterson offers science, strategies, scripts, and tips for getting it right: • recognizing the first signs of puberty and talking to our sons about the wide range of “normal” through the whole developmental process • why teenagers make irrational decisions even though they look mature—and how to steer them toward better choices • managing video game and screen time, including discussing the unrealistic and dangerous nature of pornography • why boys need emotional and physical contact with parents—and how to give it in ways they’ll accept • how to prepare boys to resist both old and new social pressures—drugs, alcohol, vaping, and sexting • teaching consent and sensitivity in the #MeToo culture *Decoding Boys* is a powerful and validating lifeline, a book that will help today’s parents keep their sons safe, healthy, and resilient, as well as ensure they will become emotionally secure young men. Praise for *Decoding Boys* “Comforting . . . a common-sensical and gently humorous exploration of male puberty’s many trials.”—Kirkus Reviews

[Bringing Up Girls](#) Random House Australia

I prayed for this child, and the Lord answered my prayer. He gave me this child. And now I give this child to the Lord. 1 Samuel 1:27 ERV Do you remember when you first held your newborn daughter and sensed the awesome responsibility and immense privilege of parenthood? God gave you this precious gift to care for and to love, and He may have even whispered to your heart, “She is yours.” Now comes the hard part—raising her up from a baby to a happy, healthy adult—and remembering that everything you have is God’s, including your daughter. Wynter and Jonathan Pitts want you to know you are not alone. The proud parents of four young daughters, they’ve gained a wealth of valuable insights on the unique challenge of raising girls. They’ve been right where you are and now they want to share what they’ve learned with you. With this practical advice and encouragement, you can help your daughter develop awesome relationships with God, with you, and with the world around her. Start this journey by making this commitment to God: Lord, she is Yours and I trust You with her. For more information on this book, visit [sheisyours.net](#).

*Oh Boy, You're Having a Girl* HarperCollins

*Rules for Raising Little Girls* “As the father of a daughter, I wish I’d read this very funny book sooner, if only to know that it’s OK for a grown man to wear a tutu.” - Dave Barry “Required reading for any parent who doesn’t know pants from leggings.” - Dan Zevin, author of *Dan Gets a Minivan: Life at the Intersection of Dude and Dad* It’s easy to imagine how you’d raise a boy—all the golf outings, lawnmower lessons, and Little League championships you’d attend—but playing dad to a little princess may take some education. In *Oh Boy, You're Having a Girl*, Brian, a father of three girls, shares his tactics for surviving this new and glittery world. From baby dolls and bedtime rituals to potty training and dance recitals, he leads you through all the trials and tribulations you’ll face as you’re raising your daughter. He’ll also show you how to navigate your way through tough situations, like making sure that she doesn’t start dating until she’s fifty. Complete with commandments for restroom trips and properly participating in a tea party, *Oh Boy, You're Having a Girl* will brace you for all those hours playing house—and psych you up for the awesomeness of raising a daughter who has you lovingly wrapped around her little finger. “Somehow, Brian Klems has taken one of the most traumatic situations known to a father—having a daughter—and

made it into something so completely hilarious you’ll laugh until you’ve got oxygen deprivation!” - W. Bruce Cameron, author of *8 Simple Rules for Dating My Teenage Daughter*

[Raising Girls Who Like Themselves](#) Basic Books

“May God grant me the serenity to accept the color pink, the courage to not let my house become a shrine to pink and princesses, and the wisdom to know that pink is just a color, not a decision to never attend college in the hopes of marrying wealthy.” - from *The Feminist’s Guide to Raising a Little Princess* Smart, funny, and thought-provoking, this book shows feminist parents how to navigate their daughters’ princess-obsessed years by taking a non-judgmental and positive approach. Devorah Blachor, an ardent feminist, never expected to be the parent of a little girl who was totally obsessed with the color pink, princesses, and all things girly. When her three-year-old daughter fell down the Disney Princess rabbit hole, she wasn’t sure how to reconcile the difference between her parental expectations and the reality of her daughter’s passion. In this book inspired by her viral New York Times Motherlode piece “Turn Your Princess-Obsessed Toddler Into a Feminist in Eight Easy Steps,” Blachor offers insight, advice, and plenty of humor and personal anecdotes for other mothers who cringe each morning when their daughter refuses to wear anything that isn’t pink. Her story of how she surrendered control and opened up—to her Princess Toddler, to pink, and to life—is a universal tale of modern parenting. She addresses important issues such as how to raise a daughter in a society that pressures girls and women to bury their own needs, conform to a beauty standard and sacrifice their own passions. [Raising Worry-Free Girls](#) Tyndale House Publishers, Inc.

In this *Queen Bees and Wannabes* for the elementary and middle school set, child and adolescent psychotherapist Katie Hurley shows parents of young girls how to nip mean girl behavior in the bud. Once upon a time, mean girls primarily existed in high school, while elementary school-aged girls spent hours at play and enjoyed friendships without much drama. But in this fast-paced world in which young girls are exposed to negative behaviors on TV and social media from the moment they enter school, they are also becoming caught up in social hierarchies much earlier. *No More Mean Girls* is a guide for parents to help their young daughters navigate tricky territories such as friendship building, creating an authentic self, standing up for themselves and others, and expressing themselves in a healthy way. The need to be liked by others certainly isn’t new, but this generation of girls is growing up in an age when the “like” button shows the world just how well-liked they are. When girls acknowledge that they possess positive traits that make them interesting, strong, and likeable, however, the focus shifts and their self-confidence soars; “likes” lose their importance. This book offers actionable steps to help parents empower young girls to be kind, confident leaders who work together and build each other up.

[She Is Yours](#) Ballantine Books

Girls are born believing that they can do anything, but our media-driven culture of mixed messages and conflicting values can make growing up a confusing and risky business. And for parents, it is a daunting responsibility to raise confident, independent daughters while still keeping them safe. Jeanne and Don Elum address such complex challenges as: • peer pressure and evolving social roles • emotional effects of physical changes • moodiness, eating disorders, and depression • the consequences of early sexuality • the gender gap between girls and boys • new research on ADD and ADHD in girls • daughters and single parenting *Raising A Daughter* guides parents through each stage of a girl’s development, from infant to toddler, through middle childhood, the teen years, and on into early adulthood. A

bestseller since 1994, this newly revised classic offers a practical exploration of what it means to have a daughter, and a compassionate study of what it means to be a woman coming of age in today's world.

**Raising Girls Who Like Themselves** Pantera Press

Mothering is messy. Our joy and hope in raising children doesn't change the reality that being a mom can be frustrating, stressful, and tiring. But just as God is using us to shape our children, God is using our children and motherhood to shape us. In *The Better Mom*, author Ruth Schwenk, herself a mother of four children, encourages us with the good news that there is more to being a mom than the extremes of striving for perfection or simply embracing the mess. We don't need to settle for surviving our kids' childhood. We can grow through it. With refreshing and heartfelt honesty Ruth emboldens moms to: Find freedom and walk confidently in purpose Create a God-honoring home environment Overcome unhealthy and destructive emotions such as anger, anxiety, and more Avoid glorifying the mess of mom-ing or idolizing perfection Cultivate life-giving friendships At the heart of *The Better Mom* is the message that Jesus calls us to live not a weary life, but a worthy life. We don't have to settle for either being apathetic or struggling to be perfect. Both visions of motherhood go too far. Ruth offers a better option. She says, "It's okay to come as we are, but what we're called to do and be is far too important to stay there! The way to becoming a better mom starts not with what we are doing, but with who God is inviting us to become."

**Boys Adrift** Simon and Schuster

From an engineer and entrepreneur, a conversation-changing parenting book about how to engage young women in science, technology, engineering, and math, filled with practical advice for both parents and educators. As the female CEO of a tech startup, Dr. Cristal Glangchai was outnumbered twenty to one. At Google, Twitter, and Facebook, women currently fill just ten to twenty percent of technical jobs. While career opportunities in science, technology, engineering, and math have increased dramatically in the past twenty years, the achievement gap between men and women has only grown wider. In *VentureGirls*, Glangchai offers a unique solution based on her own experience as an engineer and entrepreneur as well as the founder of the VentureLab, an academy of entrepreneurship and technology for girls. Practical, accessible, and filled with success stories, *VentureGirls* argues that a key part of raising strong, confident young women is giving them the tools of entrepreneurship to engage in STEM.

Entrepreneurship isn't just about starting companies, Glangchai writes, it is a skillset and a way of thinking that is particularly useful in the fields of science, mathematics, engineering, and technology. Entrepreneurship involves identifying needs, brainstorming creative solutions, innovating, and taking calculated risks. In short, it's about having a vision and making it a reality. The true value in learning and practicing entrepreneurship, Glangchai argues, lies in nurturing and growing an overall mindset—the ability to learn from failure and to work well with others to bring your ideas to life. Deeply informative, warm, and grounded in real-world experience, *VentureGirls* includes a plethora of activities and lessons that focus on strengthening kids' ingenuity and resilience. *VentureGirls* is essential reading for anyone who wants to raise girls and young women who realize their strength, engage in the world, and feel empowered to make a positive impact.

**10 Things Girls Need Most: To Grow Up Strong and Free** Harvest House Publishers

"A powerful book about how we can raise girls to become bold, ambitious women." --Adam Grant What do girls really need to succeed? Children today face an uncertain future, and parents

and teachers can't fully predict what's in store for their daughter and sons. But one thing is clear: Our kids need a new set of skills to succeed. Girls, in particular, must nurture essential traits to fully flourish. Students hit the ground running today, entering a school system that carries high expectations on their way to a college application process that is more demanding than ever. After school, young women enter a competitive job market, still complicated by sexism and the possibility of harassment. But the ways we define leadership are also changing, and the women stepping into those roles are mapping new paths to inhabiting traits like grit, resilience, audacity, and self-confidence. What *Girls Need* shows how parents and educators can foster these critical twenty-first-century skills in our girls and help them to recognize and nurture their inherent strengths—to not just thrive but also find joy and purpose as they come of age in our ever-evolving world. As a student at the all-girls Baldwin School outside of Philadelphia, Marisa Porges grew up in a community designed to produce strong, independent women. After graduating from Harvard, she fulfilled her childhood dream of flying jets off aircraft carriers for the U.S. Navy and served as a counterterrorism expert in Afghanistan and a cybersecurity advisor in the Obama White House. Then in 2016, in an unexpected move for someone whose ambitions had taken her so far from home, Porges returned to head the Baldwin School. In doing so, she saw how small moments in her early education gave her the tools she needed to excel in a "man's world." Combining compelling research, personal stories, and practical advice on timely questions, Porges delves into hot-button subjects like how to harness girls' voices and boost girls' self-esteem, and shows how little things have a big impact when nurturing vital skills like competitiveness, collaboration, empathy, and adaptability. What *Girls Need* empowers us to support the next generation of women so they can confidently hold their own no matter what the future has in store.

**Growing a Girl** Simon and Schuster

Your ticket to relaxing puzzle fun!

**No More Mean Girls** Simon and Schuster

Girls need ample, loving demonstrations from adults close to them that they are appreciated and can be trusted to know what they need for themselves. They also need to be given plenty of opportunity to develop their talents. Girls who lack sufficient emotional support may feel neglected and unworthy of attention, and easily find themselves at greater risk of exploitation and abuse, even as adults. *Raising Confident Girls* provides parents and teachers with the best hands-on, practical advice available for nurturing girls in a changing and challenging social environment.

**VentureGirls** Zondervan

Eleven-year-old Owen Meany, playing in a Little League baseball game in New Hampshire, hits a foul ball and kills his best friend's mother. Owen does not believe in accidents and believes he is God's instrument. What happens to Owen after that 1953 foul is both extraordinary and terrifying.

**Raising Girls** Baker Books

In answer to the crisis in girls' mental health, the UK's best selling parenting author Steve Biddulph brings an interactive learning guide rich in content and interactive elements to help parents be prepared and self-aware in providing for their daughters. In his ground-breaking new book, Steve Biddulph, million copy best-selling author of *Raising Girls*, psychologist and parent educator offers an interactive experience for parents to explore the relationship with their girls from the cradle to the teenager. It is a guided journey of exercises, conversations, reflections and self-rating questionnaires that builds the inner capacities in a parent, targeted at each stage of their daughters growing up. Every

aspect - love and security in babyhood, mindfulness, setting boundaries, emotional well-being and emotional literacy, education and learning in primary and secondary school, friendship, puberty and adolescence, sexuality and sexualization, choosing partners and negotiating equality and respect.; in fact everything a father or mother needs to think about to be prepared and self-aware in providing for their growing girl. Complemented by real -life case studies and full colour photographs throughout.

**Raising Boys into Extraordinary Young Men** HarperThorsons  
 "A solid resource for parents and educators" (Kirkus Reviews), Brave Girls is an empowering guide to cultivating confident, passionate, and powerful young leaders during the most formative stage of life: the middle school years. After years of research as a psychologist and consultant for women struggling in the professional world, Stacey Radin made a groundbreaking realization: women who become successful leaders learn how to do so in the middle grades—the most formative stage in a girl's development and self-identification. Drawing on her own experience with Unleashed, an after-school program dedicated to empowering girls through puppy rescue, Radin has written Brave Girls—the ultimate guidebook for anyone who wants to help girls become confident, passionate, and powerful leaders. At a pivotal time in their lives, girls learn to advocate for others, think critically, and, most importantly, gain confidence in their ability to create change. Perfect for "anyone concerned with girls and women's lives" (New York Times bestselling author Michael Gurian), Brave Girls shows how contributing to one cause can shape a leader for life while reducing the hazards of middle school—bullying, excessive competition, fear of speaking out—and identifying the patterns that truly make a difference. If we take initiative early enough, we can inspire today's girls to become the next generation of strong, enthusiastic, and fulfilled leaders in all areas of society.

**Girls Will Be Girls** Da Capo Press

When you raise a girl who likes herself, everything else follows. She will strive for excellence because she has faith in her ability to achieve it and the confidence to pick herself up. She will nurture her physical and mental health because it's natural to care for something you love. She will insist on healthy relationships because she believes she deserves nothing less. She will be joyful and secure, knowing that her greatest friend and most capable ally is herself. Raising Girls Who Like Themselves details the seven qualities that enable girls to thrive and arm themselves against a world that tells them they are flawed. Packed with practical, evidence-based advice, it is the indispensable guide to raising a girl who is happy and confident in herself. Free of parental guilt and grounded in research, Raising Girls Who Like Themselves is imbued with the warmth and wit of a mum and dad who are in the same parenting trenches as you, fighting for their daughters' futures.

**More Than a Body** Penguin

Now available in paperback is a bold, fresh, and timely work that "offers parents humor, understanding, parenting philosophy, and well-founded pearls of wisdom." --Michael G. Thompson, Ph.D., coauthor of Raising Cain Mary Pipher told us about the problems girls face in Reviving Ophelia; now in Girls Will Be Girls, JoAnn Deak gives us the solutions. Deak looks past the "scare" stories

to those that enlighten parents and enable them to empower girls. She draws from the latest brain research on girls to illustrate the exciting new ways in which we can help our daughters learn and thrive. Most telling of all, she gives us the voices of girls themselves as they struggle with body image, self-esteem, intellectual growth, peer pressure, and media messages. The result is a masterly book that addresses the key issues for girls growing up; one that fulfills a desperate need for clear guiding principles to help mothers, fathers, and their daughters navigate this chaotic contemporary culture.

**Raising Confident Girls** Penguin

"Mackoff's strategies for enhancing girls' self-esteem and creating equal opportunity are clear, practical, and most important, achievable."—Peggy Orenstein, author of School Girls: Young Women, Self-Esteem, and the Confidence Gap "IS THAT YOUR DAUGHTER? ISN'T SHE PRETTY?" Like parents of girls everywhere, psychologist Barbara Mackoff often heard her young daughter Hannah dismissed with those words. So often that she started to reply: "And she's smart too." Hoping to counter the culture that she feared would stereotype her daughter and diminish her confidence, Dr. Mackoff spent three years searching for strategies to nurture Hannah's growing sense of self. The result is Growing a Girl. Offering hundreds of specific suggestions and tools for fostering a daughter's independence and individuality, Growing a Girl encourages parents to act now by exploring seven practical paths. Based on clinical research and Dr. Mackoff's highly acclaimed Growing a Girl workshop, this extraordinary book offers parents the skills to shatter stereotypes that can stunt a daughter's growth while giving her the tools to nourish her strength, spirit, and capacity to care. YOU WILL DISCOVER: • How gender stereotyping starts at birth—and how you can prevent it • Why she can wear a velvet dress to the ballet and still climb to the treetops • What to do about Barbie dolls and traditional fairy tales—without spoiling your daughter's fun • How to discover and honor her feelings • How to counteract our culture's emphasis on physical beauty • How to bring home heroines—in books, magazines, movies, and in her community • How to recognize and strengthen your daughter's learning style—and build on her natural interesting science and math • And more.

**Brave, Not Perfect** Houghton Mifflin

If you have a daughter, it would be surprising if she doesn't struggle with anxiety and worry--either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome troubling emotions. In this immensely practical book, veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter. Addressing common age-specific issues, Goff gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry, and what she can do to fight back. With your help, she will find the anchoring truth of God's strong, safe love for her and the confidence she needs to thrive.

**Raising Girls** Penguin

Teaches parents of young girls what they need to know from birth to college, including advice and information on school, discipline, puberty, friends, boys, and other essential topics.

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