



A Smart Girl's Guide: Liking Herself: Even on the Bad Days

Laurie Zelinger, Angela Martini (Illustrator)

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From the back cover: Has a bad day got you down? Is your self-esteem making you feel blue? In A Smart Girl's Guide to Liking Herself--Even on the Bad Days, you'll learn how having high self-esteem can turn a good day into a great day, while having low self-esteem can turn a bad day into a nightmare. You'll learn tips for trusting yourself, ideas for boosting your self-esteem (or for keeping it up), and how to feel your best in all kinds of situations. You are perfect just as you are, and this book will help you believe that to be true!

A Smart Girl's Guide: Liking Herself: Even on the Bad Days Details

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Author : Laurie Zelinger , Angela Martini (Illustrator)

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From Reader Review A Smart Girl's Guide: Liking Herself: Even on the Bad Days for online ebook

RogueHireling says

The book is pretty much exactly what I expected. It is quite positive but still manages to compartmentalize girls. The book is a great reinforcement to be kind to yourself and to not take crap from other people. Worth a read for every pre teen.

Rachel says

Pretty good overall. It did have one sentence encouraging girls to follow their heart which is an attitude I dislike. Other than that it had some good ideas.

Dolly says

We first discovered this series when we found *Yikes! A Smart Girl's Guide to Surviving Tricky, Sticky, Icky Situations*. Our oldest really liked that book.

This book was fairly similar, but was more focused on self-esteem and knowing yourself. I thought it offered good advice regarding finding your own strengths, holding on to good friends, and doing good things for others.

It also has some practical tips for boosting self-confidence and talking with parents and I love that one of the last pages emphasizes being thankful.

Our oldest felt like there were several situations that she really couldn't relate to, but others really struck a chord. In some ways, I'm conflicted about this book. I think she considers the format to be a bit too young for her, but the content is certainly age-appropriate.

Overall, it's a fast read and has a good message. Perhaps the lessons will sink in, helping her to become an independent young woman who has good, supportive friends and a solid self-esteem.

interesting quotes:

"The messages you play in your brain affect how you feel. If you fill up on positive thoughts, you'll more likely feel positive about yourself." (p. 26)

"Your parents will most likely figure out that you're trying to bring up a tricky topic and will help you get the words out. They always want to know what's going on in your life and what you've been up to, but they don't want to pry. So even if your cheeks turn bright red and your heart races, your parents will be glad you came to them to talk." (p. 47)

"A friend feels like part of your family and knows you very well. You know she's on your side even when she

isn't around. She wants the best for you, remembers what you like, and always cheers you on. She pumps up your confidence and helps you try for the things you want. Someone like that wants to be your friend as much as you want to be hers." (p. 49)

"You can't control the world, but you can control how you deal with it." (p. 75)

Meena says

I didn't actually read this one, but I did take the quizzes. (I like taking quizzes)

Joy says

Wow! Much better than I thought it would be. It's great advice even for adults.

Maureen McKane says

This book isn't one that my daughter refers to regularly (it's a good thing she doesn't often need to) but when she's feeling low, it's a great source to help her know she's not the only one who has the feelings that she does. Highly recommend.

Nimsay says

I accidentally came across this while searching for a book for my psych class and I liked it. I guess this wasn't intended for my age group but I still enjoyed it and took some advice from it.

Lydia Wednesday says

American Girl delivers again with an excellent self-help book for kids. I'd have given this book 5 stars if it had dealt with inter-gender relationships and not just girl/girl friendships, and didn't also seem to make the assumption that the reader is likely to be in a nuclear family unit. Everything else was great. I have never heard an origami fortune teller called a "cootie catcher" (that feels mildly appropriative). Not perfect but still very helpful.

Alvera says

Another fun and uplifting read from a publisher I've come to trust. Simple self-help marketed for young girls, though the strategies for improving self-esteem are really pretty gender neutral.

Emma says

Good for ideas

Kathleen says

Tessa and I read this book together, and I highly recommend it. She's still a little young for parts of it (she was equally baffled by the ideas that she would talk with her friends about boys and that she might ever be embarrassed by me!), but it prompted such wonderful conversations. We talked about self-esteem, friendships, feelings... we just need to keep this communication going!

Pink STREAM says

Are you embarrassed to attend the school band? Are you scared to show your incredible soccer talent? If your answer is yes, this book will provide the courage you need and make you the coolest musician, soccer player, anchor, and much more.

Background designs of the pages matching very well with the theme. There are short quizzes after each section, so you can test your knowledge and go back if you missed something. Some activities in the book will entertain you, so you will not be bored. Also, there are comments of girls from all over America and you will see you are not alone. There are girls who are also sharing your feelings, ideas, and comments.

If you want to be a knowledgeable girl you can read the other books in this series. They will give you different perspectives; you will protect yourself better from the world's dangers and educate yourself to become a strong woman in the future

Good luck with your sports team, band, art class, and life, Powerful Girl!
