



## Steve Biddulph's Raising Girls

By Steve Biddulph

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### Steve Biddulph's Raising Girls By Steve Biddulph

Steve Biddulph's Raising Boys was a global phenomenon. The first book in a generation to look at boys' specific needs, parents loved its clarity and warm insights into their sons' inner world. But today, things have changed. It's girls that are in trouble. There has been a sudden and universal deterioration in girls' mental health, starting in primary school and devastating the teen years. Steve Biddulph's Raising Girls is both a guidebook and a call-to-arms for parents. The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards. Raising Girls is both fierce and tender in its mission to help girls more at every age. It's a book for parents who love their daughters deeply, whether they are newborns, teenagers, young women - or anywhere in between. Feeling secure, becoming an explorer, getting along with others, finding her soul, and becoming a woman - at last, there is a clear map of girls' minds that accepts no limitations, narrow roles or selling-out of your daughter's potential or uniqueness. All the hazards are signposted - bullying, eating disorders, body image and depression, social media harms and helps - as are concrete and simple measures for both mums and dads to help prevent their daughters from becoming victims. Parenthood is restored to an exciting journey, not one worry after another, as it's so often portrayed. Steve talks to the world's leading voices on girls' needs and makes their ideas clear and simple, adding his own humour and experience through stories that you will never forget. Even the illustrations, by Kimio Kubo, provide unique and moving glimpses into the inner lives of girls. Along with his fellow psychologists worldwide, Steve is angry at the exploitation and harm being done to girls today. With Raising Girls he strives to spark a movement to end the trashing of girlhood; equipping parents to deal with the modern world, and getting the media off the backs of our daughters. Raising Girls is powerful, practical and positive. Your heart, head and hands will be strengthened by its message.

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## Steve Biddulph's Raising Girls By Steve Biddulph Bibliography

- Sales Rank: #652410 in Books
- Brand: imusti
- Published on: 2013-01-17
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .71" w x 5.31" l, .57 pounds
- Binding: Paperback
- 240 pages



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### **Editorial Review**

#### **Review**

Praise for Steve Biddulph: 'When you find a guru willing to change his mind when evidence and humanity prompt, you rejoice. For me, Steve Biddulph - one of the most popular [parenting gurus] in the world, with four million books sold - is the man.' Libby Purves, The Times 'Biddulph... has a built-in feel good factor. Parenting books too often make one fell inadequate, but Biddulph's left me refreshed and optimistic.' The Express 'Steve's advice is easy to follow - and more importantly, it works.' BBC Family Life Magazine Praise for Raising Boys: 'Packed full of pithy wisdom on what it is to move from boyhood to manhood and how to help your (not-so) little one on his way.' The Independent

#### **About the Author**

Steve Biddulph is an internationally respected child psychologist and family therapist with an ever-increasing following. A world-renowned parenting author, his books include Manhood (Hawthorn Press, 1998), Raising Boys (1998), The Secret of Happy Children (1997) and More Secrets of Happy Children (1999), which are popular all over the world.

### **Users Review**

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##### **Jose Goodell:**

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##### **Agnes Shivers:**

In this era globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information quicker to share.

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