



Girls Without Limits: Helping Girls Achieve Healthy Relationships, Academic Success, and Interpersonal Strength

Lisa M. Hinkelman

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"You just don't understand!"

Today's girls agree: adults don't "get" what's going on in their lives. Friendship drama, self-image, grades, dating, fear of failure—these pressures impose limits. More than ever, girls need adults who will be a positive force in their lives. This book's research, real-life stories, and action strategies will help you:

- Understand the unique challenges girls face—social pressure, body image, boy trouble, academics, and career choices
- Help girls develop skills and competencies to deal with these challenges
- Empower girls to confront negative societal expectations and make healthy, positive decisions

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