



Raising Girls: How to Help Your Daughter Grow Up Happy, Healthy, and Strong

Steve Biddulph

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A practical guidebook and passionate call-to-arms for parents of girls that empowers them to raise confident, well-rounded daughters in an exploitative world, from the author of the international bestseller *Raising Boys*.

Raising a happy, healthy, well-adjusted daughter from babyhood to womanhood can be a challenge. Girls need to be strong, and in this warm-hearted book, best-selling parenting author Steve Biddulph brings together the finest thinking from around the world on how to raise daughters who are self-assured, know they are loved, and can stand up for themselves and others. With gentle humor and proven wisdom backed by decades of experience as a family psychologist and father, Biddulph shows parents of girls how to navigate the obstacles of growing up in a world that seems bent on poisoning their confidence. Biddulph also discusses:

- The five stages of girlhood, and how to help them go smoothly.
- How to deal with bullying, mean girls, and social media.
- Ways to ease the transition into the teen years.
- What you need to know about healthy body image, food, and eating disorders.
- The importance of girl's friendships and how to support them.
- How to help girls happily and confidently relate to boys.

With unforgettable success stories of girls growing up wise and warm, *Raising Girls* is fierce and tender; loving and concerned. It is both a detailed guidebook and a passionate call-to-arms to defend and empower girls everywhere.

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