

PART II: SELF-ACCEPTANCE, KNOWLEDGE AND THE POWER OF ACCESSIBLE INFORMATION: A SELECT ANNOTATED BIBLIOGRAPHY OF NON-FICTION PRINT MATERIALS FOR EMPOWERING YOUNG WOMEN

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Self-Esteem, Self-Acceptance and Identity:

Beck, Debra. 2007. *My Feet Aren't Ugly: A Girl's Guide to Loving Herself From the Inside Out*. New York, NY: Beaufort Books. (129 pages).

For over a decade, Debra Beck has served as a mentor for young girls, doing workshops and working with girls' groups to provide them with positive and supportive guidance. Drawing upon her own experiences as both a woman and a mother of two daughters, she's combined that with the real-life experiences of the girls she's worked with to write *My Feet Aren't Ugly*. This is self-help, interactive book designed to help girls love all aspects of themselves. Broken down into nine main parts -- Let's Learn to Like Ourselves, What Are You Afraid Of? Oh, the Dark. Me too!, Are You Creative? Yes, Everyone Is!, Being Healthy - Both Physically and Spiritually, Who is Doing Drugs?, Kids on the Edge - Teen Suicide, Becoming a Woman - But I'm Still a Kid!, Sex! Is There a Price to Pay?, and Have You Started the Healing Yet? -- This is a guide to growing up, and taking control of your thoughts and actions. Ms. Beck manages to provide guidance without sounding preachy and providing opportunities for internal dialogue and "journal" space to work through scenarios that girls will find easy to relate to. This is a great guide for both pre-teens and teenagers, and would be a great gift for any girl in your life (Jennifer Wardrip, 2009, TeensReadToo.com.)

Bradley, Michael J. 2004. *Yes, Your Parents are Crazy! : A Teen Survival Guide*. Gig Harbor, WA: Harbor Press. (432 pages).

The book that 60,000 readers of the award-winning teen parenting book, *Yes, Your Teen is Crazy* I have been waiting for. In this new companion book, teen psychologist Michael Bradley turns the tables, talking to teens about parents. He tells kids why adults behave the way they do and how to "handle" their parents and other adults in all of life's confusing and difficult situations. Writing in an honest, down-to-earth style that teens can understand and relate to, Dr. Bradley offers valuable advice and insights to help both teens and parents survive the bumps and bruises of the adolescent years (Harbor Press, 2009).

Fox, Annie. 2000. *Can You Relate? : Real-world Advice for Teens on Guys, Girls, Growing Up and Getting Along*. Minneapolis, MN: Free Spirit Pub. (245 pages).

From giving advice on dating and relationships to establishing a sense of self to questioning one's sexual identity, Fox responds to teens' letters about contemporary issues. "Hey Terra!" is her online moniker in the teen chat rooms at Talk City's The InSite. Her amiable, informal responses to concerns and problems encourage positive, yet realistic thinking. Fox also suggests outside resources for further help. Occasional small black-and-white photos of teens accompany the text. An appealing, high-interest title (Mercedes Smith, 2009, School Library Journal).

Gray, Heather M. 1998. *Real Girl/Real World: Tools for Finding your True Self*. Seattle, WA: Seal Press. (256 pages).

Teen girls receive mixed messages about who they should be and what they should look like from all facets of society. It's no wonder they have difficulty finding out who they really are. This snappy, straight-talking guide veritable *Our Bodies, Ourselves* for teens helps girls make up their own minds about what kind of people they want to be. Exploring a wide range of topics central to young women's lives including beauty and the media; body image, ethnicity and self-esteem; eating disorders and healthy nutrition; sexual anatomy, safe sex and much more the authors dispel myths, put issues in perspective, and give girls the power to choose for themselves (Seal Press, 2009).

Kirberger, Kimberley. 2003. *No Body's Perfect: Stories By Teens About Body Image, Self-Acceptance, and the Search for Identity*. New York, NY: Scholastic. (384 pages).

This is a collection of stories, essays, and poetry written by both teenage girls and adult women who are dealing with body-image issues. The text looks at the idea of self- and body acceptance at a time when "thin is in." Many of the selections were written by survivors of eating disorders. These stories in particular give readers a sense of light at the end of the tunnel. Gently, and at times not so gently, Kirberger's collection coaxes readers to find answers for themselves through the experiences of other teenagers. Though no new ground is broken here, this book will give readers a valid forum to explore the topic (Elaine Baran Black, 2003, School Library Journal).

Scarano-Osika, Gina. 2008. *You Grow Girl!: A Self-Empowering Workbook for Tweens and Teens*. Burdett, NY: Larson Publications. (128 pages).

This book offers help with issues girls aged 9 to 16 struggle with every day. It helps girls to see and be smart about connections between self-esteem, thought patterns, eating habits, and overall health. Interactive sections on weight/size/food issues, coping with stress, culture and peer pressures, deceptive media/Internet images, exercise, mindfulness, and more, help girls to get a healthy perspective that fosters good habits for a lifetime. The last chapter bridges gaps between girls and adults with hands-on things to do and explore together that bring it all together and bring it home (Larson Publications, 2009).

Stress and Mental Health:

Cobain, Bev. 1998. *When Nothing Matters Anymore: A Survival Guide for Depressed Teens*. Minneapolis, MN: Free Spirit Pub. (146 pages).

Cobain, a psychiatric nurse who works with teens, provides facts, clears away misconceptions, and conveys support and understanding to young adults who are feeling depressed. She discusses warning signs and urges readers to act upon them. The book is arranged in two parts, the first of which gives statistics and covers the causes and types of depression, the dangers of addictions and eating disorders, and the relationship between depression and suicide. There is also information on the effects of depression on the brain. The second section deals with treatment options and offers suggestions for positive mental and physical health. Moving accounts of young people who have considered or attempted suicide lend a note of urgency to the author's message. Cobain's style is passionate, but is at times overwrought. Without question, Cobain has compiled a fount of information, and she is articulate. However, while useful for consultation and reports, the book is wordy and repetitious (Libby K. White, 1999, School Library Journal).

Fox, Annie. 2005. *Too Stressed to Think?: A Teen Guide to Staying Sane When Life Makes You Crazy*. Minneapolis, MN: Free Spirit Pub. (163 pages).

This well-organized, upbeat book discusses what stress is and how it affects the body and brain, talks about tools to reduce and control it, and gives suggestions for recognizing the myriad situations that can trigger stress at home and at school and seeking help when necessary. Best of all, each one of these scenarios includes information on how the situation might be addressed. Nice also are the tips that encourage readers to use breathing exercises to calm and center themselves. Sprinkled throughout the book are quotes from teens on what works for them and what causes them anxiety. Related help lines are appended. This volume is one of a number of other similar-themed books, but it is probably safe to say that a school library, in particular, cannot have too many such titles. It may well be *the* one that strikes the right cord with a distressed teen (Carol Jones Collins, 2009, School Library Journal).

Napier, Tanya. 2007. *Girl in a Funk: Quick Stress Busters (and Why They Work)*. San Francisco, CA: Zest Books. (96 pages).

Recognizing that teenagers are just as susceptible to stress as adults, this guide offers quick and easy ways to reduce tension, showing teenagers how to become productive rather than overwhelmed. Simple exercises such as deep breathing, self-acupressure, and eating vegetables can keep stress levels in check and energy levels high (Zest Books, 2009).

Piquemal, Michel. 2004. *When Life Stinks: How to Deal With Your Bad Moods, Blues and Depression*. New York, NY: Sunscreen. (112 pages).

This reassuring book will help readers to distinguish between age-appropriate feelings and more serious mood disturbances. Individual differences are emphasized as they contribute to emotional reactions and the ability to cope in challenging situations. Normal mood swings, striving for independence, physical changes, and frustration with parents and teachers are some of the topics that are explored. Recommendations for finding professional help when necessary are offered. The pleasing use of blocks of color and cartoon illustrations enhances the text. Web resources, hotlines, and an excellent index are

included; the bibliography has only French titles. This book is similar in scope to Kathy McCoy and Charles Wibbelsman's *Life Happens* (Penguin, 1996). It offers brief coverage of specific challenges of growing up; treated more seriously than in Spencer Johnson's *Who Moved My Cheese? For Teens* (Penguin, 2002). Using the common-sense suggestions provided, readers will more successfully navigate the turmoil of adolescence (Sharon A. Neal, 2009, *School Library Journal*).

Reber, Deborah and Neryl Walker. 2008. *Chill: Stress-reducing Techniques for a More Balanced, Peaceful You*. New York, NY: Simon Pulse. (208 pages).

Stress isn't a condition reserved solely for adults. Everyone experiences stress, from a grade school student worrying about a quiz in math class to a high school teen trying to figure out how they're ever going to survive school long enough to make it to college. And adults -- well, adults might have more stress, but they can't claim they're the only ones who do. Author Deborah Reber breaks stress down and makes it a bearable condition in CHILL. First, we find out what stress is. Then, we learn how we can, if not get rid of it completely, at least make it bearable. There are sections of the book dedicated to taking action: getting organized, learning to manage your time, realizing that it's okay to say "no." Then we learn the basics of looking out for ourselves: creating a support network of family and friends, and gaining perspective into the fact that sometimes we're going to need other people's help in getting over whatever it is that's bothering us. Then there's my favourite part, that of turning in and getting physical: learning that nutrition and exercise can help balance out our stressful lives, figuring out do-it-yourself strategies that can help in just about any situation, and even the importance of writing things down in a journal. We might not be stressing every day of our lives, but there will always be times when we do. And when that happens, be thankful that you have a book like CHILL to remind you of what's important -- taking time for you! (Jennifer Wardrip, 2009, *TeensReadToo.com*).

Youngs, Bettie B. 2001. *A Taste-berry Teen's Guide to Managing the Stress and Pressures of Life; With Contributions from Teens for Teens*. Deerfield Beach, FL: Health Communications. (400 pages).

Like its predecessors in this phenomenal series, this new addition tackles the pressures of being a teen through a combination of stories and compassionate wisdom provided by the mother/daughter team of Bettie and Jennifer Youngs. In *A Taste-Berry Teen's Guide to Managing the Stress and Pressures of Life*, teens will learn how to: Understand what stress is-and isn't Examine how they respond to stressful situations and how effective it is Determine how stress affects their physical and emotional behaviour Minimize stress and stay cool under pressure through some terrific (and time-tested) intervention and prevention strategies Get through stressful situations and use them to their advantage. Stories written by teens demonstrate the issues that are a source of stress for them, including schoolwork, dating, moving, parents' divorce, weight problems and sexual identity. To cope with these problems, the author suggests three skills for helping teens "think" their way through stressful times. Practical stress-busting techniques are also provided in each chapter. *A Taste-Berry Teen's Guide to Managing the Stress and Pressures of Life* is sure to be the next big success in this extraordinary teen series (Health Communications, 2009).

Sex and Sexuality:

Arredia, Joni. 1998. *Sex, Boys & You: Be Your Own Best Girlfriend*. Toledo, OH: Perc. (192 pages).

Arredia acts as a sympathetic mentor to younger teens in this empowering, feel-good book. She describes her own experiences as a sexually abused child and explains how she overcame feelings of shame, stigma, and self-hatred to become a happy and fulfilled woman. The tone is casual but also thoughtful and deeply caring, and, above all, extremely positive and practical. For example, the author discusses why and when to say "NO," how to like yourself when you don't look anything like the models in *Seventeen* magazine, how to figure out your strengths and have the discipline to work toward your goals, and how to develop healthy relationships with boys. The sections dealing with sexuality are not explicit. Good solid advice for any young teen and a fine addition to any collection (Susan R. Farber, 1998, *School Library Journal*).

Bell, Ruth. 1998. *Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships*. New York, NY: Times Books. (432 pages).

Written by members of the Teen Book Project and inspired by the classic *Our Bodies, Ourselves*, this third edition of a book first published in 1981 provides information about health and sexuality for teenagers. Presented here is the latest information on the physical and emotional aspects of puberty, sexuality, healthcare, sexually transmitted diseases, safer sex and birth control, living with violence, mental health, and eating disorders. Artwork by and quotations from teenagers about their experiences in these areas bring the content to life and set the book apart from more standard works such as Richard Walker's *The Family Guide to Sex and Relationships* (LJ 2/15/97). Each chapter has a list of associations and print and nonprint resources. An excellent, extremely useful source for young adults and educators; highly recommended for all collections (Barbara M. Bibel, 1998, *Library Journal*).

Brynne, Faith Hickman. 2003. *101 Questions About Sex and Sexuality--: With Answers for the Curious, Cautious and Confused*. Twenty-First Century Books. (176 pages).

These questions were collected from middle school and high school students, and the answers offer readers solid information, organized into chapters that include "21 Questions Young Men Ask," "22 Questions Young Women Ask," and "22 Questions About Wrongs and Risks." Brynne emphasizes abstinence as the only sure way of avoiding STDs and pregnancies, but also gives detailed information on contraception. AIDS and HIV are mentioned, but cited as subjects too big for adequate treatment here. The matter-of-fact style is never condescending or alarmist in tone; the author emphasizes sexuality as an integral part of human life, and urges young adults to make wise choices, armed with the facts. Explicit black-and-white illustrations lend an almost clinical touch, further moving sexuality away from myths and mistakes. Ruth Bell's *Changing Bodies, Changing Lives* (Crown, 1998) has a longer treatment of sexuality and includes information on relationships, general body issues, and social situations. The glossary; resource list of books, articles, and Web sites; and extensive citations make Brynne's title good for reports, while the directness of the presentation will appeal to general readers (Joyce Adams Burner, 2003, *School Library Journal*).