

From the Introduction: This book is filled with over 1001 tips (yup, I counted!) that you can start using today, everything from getting real, honest-to-goodness, body-loving confidence to being a star at school, finding your dream career, de-coding guys, having rockin friendships, becoming a global citizen, and doing your part to change your world and the world around you. This book is about action and results that you can start to see right away, because why wait any longer? When I was in high school, I wanted steps-a formula for success, stuff I could do to get closer to what I wanted right now. I wanted the inside scoop; I wanted to know stuff that I wasn't being told; I wanted a wise friend or super cool older sister to guide me through it. I hope this book is all that-and then some-for you. The Empowered Girls 9 Life Lessons: Keys, Tips, Strategies, Advice & Everything You Need to Know to be a Confident, Successful, in Control Gal is the ULTIMATE how-to handbook for teen girls everywhere. This book gives teen girls everything they need to know for the Real World. It's like talking to a best friend or older sister. -Diem Brown, cast member of the Real World, and founder of L4TC.com. Visit www.empoweredgal.com for more cool stuff.

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