

Hey Girl Empowering Journal For Girls To Develop Gratitude And Mindfulness Through Positive Affirmations

Mastering Your Mean Girl
Girl, Wash Your Face
Strong Is the New Pretty
The 3 Minute Gratitude Journal for Kids
Fearless Just Keep Going Ahead: Notebook with Inspirational Quotes Inside
College Ruled Lines
The Moment of Lift
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Own it
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I Am a Rebel Girl
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Power Guidebook for Parents and Instructors
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Through My Eyes
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Hey Girl! Empowering Journal for Girls
A Wrinkle in Time
I Am Enough
Three Women
I Am Girly & Confident
Journal for Girls
This Girl - a Diary Just for Girls
More Confident, Happy & Beautiful
Create Your Me
Movement
This Book Is Anti-Racist
5 Minute Girls Gratitude Journal

Mastering Your Mean Girl

Discover your confidence with this fun and empowering journal based on the #1 bestseller *The Confidence Code for Girls*. Do you want to take chances, live fearlessly, and become your most authentic self? This colorful, interactive journal makes it easy and exciting for girls to learn the confidence-building skills that will shape them into courageous young women. Based on the in-depth research of the bestselling phenomenon *The Confidence Code for Girls*, this journal will help teens and tweens tackle any challenge. Filled with writing prompts, confidence boosting activities, quizzes, and more! With a few minutes of writing a day, girls can develop tips, tricks, and strategies to dump doubt, press pause on perfectionism, and catapult into confidence.

Girl, Wash Your Face

An affirmation on its own is a powerful thing. However, flexing the muscle of an affirmation with the conscious expression of your own words, thoughts and experiences is a transformative thing. Use this affirmational journal to not only absorb the powerful messages in each affirmation, but to accentuate them tenfold by the expressions of your own creation. There can be not the slightest shred of doubt that you are enough as you are. This book of empowering affirmations for girls makes this point absolutely clear. Use the notes pages to journal your thoughts as you affirm this truth. You are Enough.

Strong Is the New Pretty

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A workbook to help teens discover all the wonderful things that them incredible. This book is packed of fun journal prompts and activities that help bring out your best self. Fun ways to explore who they really are: - Write an epic love story- Discover what an ideal relationship looks like - Find out what family and friends really think of them - Kick goals and have fun planning them- Map out your worldly adventures But most importantly, help them see that they are extraordinary!

The 3 Minute Gratitude Journal for Kids

Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

Fearless

Having the right mindset and attitude can literally change your life

Just Keep Going Ahead: Notebook with Inspirational Quotes Inside College Ruled Lines

Would you like to take better care of yourself? Introducing a self-care journal that has everything that you need to put yourself first so that you can be a better you for yourself and others. Self-care is any activity that we purposefully do in order to take care of our mental, emotional, and physical health. Self-care may be a simple concept in theory, but it's something that is very often overlooked. Good self-care is key to helping improve your mood and reduce anxiety. It's also a key factor for developing and maintaining a good relationship with oneself and others. This is the perfect self-care journal to use to record your mental, physical and emotional health. It has a variety of tools and templates that will allow you to address every significant aspect of self-care to start you on the path to a better you! This journal is a wonderful tool to utilize every day and makes the perfect gift for anyone who is interested in taking better care of their mind, body, and soul. Take a look at some of the great features and uses for this self-care journal: Mood Tracker - A color-coded visual tool for tracking your moods at a glance. Self-Care Checklist - Easily map out your morning, afternoon and evening routines. Monthly Gratitude Tracker - Track the days that you felt grateful Monthly workout planner - Keep track of your workout goals, workout summaries, and more! Gratitude Lister - A place to express and keep track of the things in your life that you are most grateful for having in your life. Gratitude Log - A daily and monthly log that allows you to write daily about the things in your life that you are most grateful for. Sleep Log - Keep track of your precious sleep on a daily, monthly and yearly basis Self-care Goals Tracker - Easily map out your goals, as well as the timeframe and steps that you will take

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to achieve them Physical Book Features: Perfectly Sized: 8" x 10"
Interior Details: Various self-care tools, templates, and charts
Number of Pages: 100 sturdy pages Cover: Softcover with a smooth finish that feels and looks amazing. High-quality paper that allows the perfect absorbency for a variety of writing utensils. Great size for convenient carrying. Perfect for gift-giving. If you are looking for an excellent self-care journal that will be a superb tool for improving your mood and reducing stress and anxiety, scroll up and click the "ADD TO CART" button to order this great self-care journal today! Be sure to scroll to the top and click the author's name for more styles, designs, sizes and other options.

The Moment of Lift

Journaling is a fun and creative way to document life, get those thoughts and feelings out, and create a portrait of your inner most thoughts during the present time. This One Year Journal for girls and teens, provides space for daily journaling as well as weekly writing prompts that promote: self exploration goal planning positive thinking list making creative writing imaginative thinking and more. Makes the perfect gift for girls and teens who love to color, be creative, , artistic, and want to explore writing while getting to know what makes them unique in the world.

Hey Girl, You've Got This!

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

This Is Me

This "Journal for Girls" notebook has 101 questions for your little girl. They are supposed to help them open up, deepen relationship with the family and those around them, focus on positive things and become more aware of themselves. You can ask these questions or you could ask your daughter to write them down on a piece of paper or use this book

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to write in the lines provided. As parents we do our best for our children but often we lose track of things. This activity will make you more aware of how much or how little you know about your child.

Dear Girl

This gratitude journal will easily guide girls in 5 minutes of reflecting on their day, feelings, and positive thoughts. With 100 days of unique kindness challenges, memory-making challenges, inspirational quotes, and reflective journal prompts, this journal will help form habits for a lifetime of thankful and happy hearts!

Own it

NEW YORK TIMES BESTSELLER • Ali Wong's heartfelt and hilarious letters to her daughters (the two she put to work while they were still in utero) cover everything they need to know in life, like the unpleasant details of dating, how to be a working mom in a male-dominated profession, and how she trapped their dad. "Knife-sharp . . . a genuine pleasure."—The New York Times NAMED ONE OF THE BEST BOOKS OF THE YEAR BY Time • Variety • Chicago Tribune • Glamour • New York In her hit Netflix comedy special *Baby Cobra*, an eight-month pregnant Ali Wong resonated so strongly that she even became a popular Halloween costume. Wong told the world her remarkably unfiltered thoughts on marriage, sex, Asian culture, working women, and why you never see new mom comics on stage but you sure see plenty of new dads. The sharp insights and humor are even more personal in this completely original collection. She shares the wisdom she's learned from a life in comedy and reveals stories from her life off stage, including the brutal single life in New York (i.e. the inevitable confrontation with erectile dysfunction), reconnecting with her roots (and drinking snake blood) in Vietnam, tales of being a wild child growing up in San Francisco, and parenting war stories. Though addressed to her daughters, Ali Wong's letters are absurdly funny, surprisingly moving, and enlightening (and gross) for all. Praise for *Dear Girls* "Fierce, feminist, and packed with funny anecdotes."—Entertainment Weekly "[Wong] spins a volume whose pages simultaneously shock and satisfy. . . . *Dear Girls* is not so much a real-talk handbook as it is a myth-puncturing manifesto."—Vogue "[A] refreshing, hilarious, and honest account of making a career in a male-dominated field, dating, being a mom, growing up, and so much more...Yes, this book is addressed to Wong's daughters, but every reader will find nuggets of wisdom and inspiration and, most important, something to laugh at."—Bustle

Do You Know Who You Are?

A journal for teens

I Am a Rebel Girl

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Having the right mindset and attitude can literally change your life

Loving Me

This inspirational notebook comes with motivational and empowering quotes for women and girls. Every other page has a beautifully designed quote to inspire and lift your day. Get inspired every time you open up this notebook with over 50 beautiful and empowering quotes in 108 lined pages Convenient size at 6 x 9 inches, bring it everywhere you go Great for notetaking, journaling, or writing anything Perfect as an uplifting gift for yourself or any woman or girl in your life

Malala

The teen years can be confusing and frustrating, especially for girls trying to develop their own voice and identity. With the Create Your Me Movement Journal, teen girls finally have a guided journal designed just for them. This collection of 52 weekly exercises and writing prompts guides you through recording your goals and standards, and determining ways to reach them. The guidance from author and teen advocate, Patricia Wooster, comes from four major categories: Play, Spirit, Strength, and Purpose. With these journaling assignments, you will take the principles behind starting a social movement—advocacy, patience, developing relationships, and managing time and resources—and apply them to your everyday life, fostering a sense of identity, confidence, and assurance in who you truly are. The perfect gift for the forward-thinking teen girl in your life, the Create Your Me Movement Journal is an action-oriented tool dedicated to helping young women navigate their teen years and express themselves in a voice all their own.

Girl Power Guidebook for Parents and Instructors

From the publishers of Good Night Stories for Rebel Girls, I Am a Rebel Girl: A Journal to Start Revolutions is designed for girls of all ages to train and explore their rebel spirits! I Am a Rebel Girl creates a space for big ideas, helping girls develop the tools they need to lead the revolution of our time. From the creators of the sensational book series Good Night Stories for Rebel Girls, comes an exciting new title: I Am a Rebel Girl: A Journal to Start Revolutions. Designed for girls of all ages looking to explore and train their rebel spirit, I Am a Rebel Girl is filled with activities that challenge perspective, induce thought, and prompt action. Write love notes to your favorite body parts, draw yourself climbing a mountain, write a letter to an elected representative and interact with the beautiful, original artwork developed by the female artists who illustrated the iconic Rebel Girls books. I Am a Rebel Girl is the perfect companion to the book series. It is an action plan that

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creates space for BIG ideas and it helps girls develop the tools they need to lead the revolution of our time. With a stunning cover that begs to be personalized, interiors in 100 lbs soft paper, fun stickers and an extraordinary print quality, I Am a Rebel Girl is a captivating object, sure to excite the millions of fans Rebel Girls has gained all around the world and to open up the Rebel Girls' universe to new audiences. I Am a Rebel Girl is printed with soy and vegetable based inks, with full-color layouts that will turn the dreams of rebel girls around the world into inspired works of art

Sex, Suicide and Serotonin

From a poet and celebrated spoken-word performer comes a debut poetry collection that takes readers on an empowering, lyrical journey exploring truth, silence, wounds, healing, and the resilience we all share. Dear Girl is a journey from girlhood to womanhood through poetry It is the search for truth in silence The freeing of the tongue It is deep wounds and deep healing And the resilience that lies within us It is a love letter To the sisterhood

Hey Girl Hey

One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life -- one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

Doodle Diary

When Debbie Hampton took the mix of wine and drugs that nearly killed her, she didn't ever want to wake up. After years of wrong turns, and facing the end of an acrimonious marriage, she was desperate for the disappointments of life to end. But Debbie did wake up. Strapped to a hospital bed, she was critically ill, but alive. Debbie had ingested over 90 pills, including ten different prescription drugs - causing massive, lasting damage to her brain and body. Debbie had to re-learn how to eat, how to speak, and how to fit back into society. Separated

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from her two young children, Debbie's problems were only just beginning. Faced with a long and arduous custody battle, she had to discover a new way of living. In this book, Debbie tells the heartbreaking story of how life wore her down, but how, through her own resolve, courage and commitment, she forged a new life for herself. The lessons she has learned in life will be an inspiration to everyone.

Journal for Girls

A Guided Journal for Teenage Girls - Through a combination of exploratory self-help questions, the author of the award-winning children's book 'Hannah and the Talking Tree' Elke Weiss provides a guided journal to help teenage girls learn to build authenticity and self-knowledge. "Although I'm only fourteen, I know quite well why I want, I have my opinions, my own ideas and principles, and although it may sound pretty mad from an adolescent, I feel more of a person than a child, I feel quite independent of anyone." Anne Frank

Out of My Mind

#1 New York Times Bestseller At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise. "Designing Your Life walks readers through the process of building a satisfying, meaningful life by approaching the challenge the way a designer would. Experimentation. Wayfinding. Prototyping. Constant iteration. You should read the book. Everyone else will." —Daniel Pink, bestselling author of Drive "This [is] the career book of the next decade and . . . the go-to book that is read as a rite of passage whenever someone is ready to create a life they love." —David Kelley, Founder of IDEO "An empowering book based on their popular class of the same name at Stanford University . . . Perhaps the book's most important lesson is that the only failure is settling for a life that makes one unhappy. With useful fact-finding exercises, an empathetic tone, and sensible advice, this book will easily earn a place among career-finding classics." —Publishers Weekly From the Hardcover edition.

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Dear Girls

An Empowering, Imaginative, Inspiring self-exploratory Activity Journal for girls to Cultivate Mindfulness, Positive Affirmations, Gratitude and Help Your Girl Grow Strong, Wise and Confident.

The Confidence Code for Girls Journal

#1 NEW YORK TIMES BESTSELLER Featured by Oprah's Book Club on the Anti-Racist Books for Young Adults list curated by bestselling author Jacqueline Woodson A USA TODAY Bestseller Recommended by The Guardian, Time, Grazia, The Telegraph, Express, and The Sun 'This is one for you, your neighbour, the children in your lives and especially that 'only slightly' racist colleague... A guide to the history of racism and a blueprint for change' -The Guardian Who are you? What is racism? Where does it come from? Why does it exist? What can you do to disrupt it? Learn about social identities, the history of racism and resistance against it, and how you can use your anti-racist lens and voice to move the world toward equity and liberation. 'In a racist society, it's not enough to be non-racist—we must be ANTI-RACIST.' -Angela Davis Gain a deeper understanding of your anti-racist self as you progress through 20 chapters that spark introspection, reveal the origins of racism that we are still experiencing and give you the courage and power to undo it. Each chapter builds on the previous one as you learn more about yourself and racial oppression. 20 activities get you thinking and help you grow with the knowledge. All you need is a pen and paper. Author Tiffany Jewell, an anti-bias, anti-racist educator and activist, builds solidarity beginning with the language she chooses - using gender neutral words to honour everyone who reads the book. Illustrator Aurélie Durand brings the stories and characters to life with kaleidoscopic vibrancy. After examining the concepts of social identity, race, ethnicity and racism, learn about some of the ways people of different races have been oppressed, from indigenous Americans and Australians being sent to boarding school to be 'civilized' to a generation of Caribbean immigrants once welcomed to the UK being threatened with deportation by strict immigration laws. Find hope in stories of strength, love, joy and revolution that are part of our history, too, with such figures as the former slave Toussaint Louverture, who led a rebellion against white planters that eventually led to Haiti's independence, and Yuri Kochiyama, who, after spending time in an internment camp for Japanese Americans during WWII, dedicated her life to supporting political prisoners and advocating reparations for those wrongfully interned. Learn language and phrases to interrupt and disrupt racism. So, when you hear a microaggression or racial slur, you'll know how to act next time. This book is written for EVERYONE who lives in this racialised society—including the young person who doesn't know how to speak up to the racist adults in their life, the kid who has lost themselves at times trying to fit into the dominant culture, the children who have been harmed (physically and emotionally) because no one stood up for

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them or they couldn't stand up for themselves and also for their families, teachers and administrators. With this book, be empowered to actively defy racism and xenophobia to create a community (large and small) that truly honours everyone.

Designing Your Life

Girls being fearless. Girls being silly. Girls being wild, stubborn, and proud. Girls whose faces are smeared with dirt and lit up with joy. So simple and yet so powerful, *Strong Is the New Pretty* celebrates, through more than 175 memorable photographs, the strength and spirit of girls being 100% themselves. Real beauty isn't about being a certain size, acting a certain way, wearing the right clothes, or having your hair done (or even brushed). Real beauty is about being your authentic self and owning it. Kate T. Parker is a professional photographer who finds the real beauty in girls, capturing it for all the world to see in candid and arresting images. A celebration, a catalog of spirit in words and smiles, an affirmation of the fact that it's what's inside you that counts, *Strong Is the New Pretty* conveys a powerful message for every girl, for every mother and father of a girl, for every coach and mentor and teacher, for everyone in the village that it takes to raise a strong and self-confident person.

Girl, Stop Apologizing

"I believe we can change the world. But first, we've got to stop living in fear of being judged for who we are." Rachel Hollis has seen it too often: women not living into their full potential. They feel a tugging on their hearts for something more, but they're afraid of embarrassment, of falling short of perfection, of not being enough. In *Girl, Stop Apologizing*, #1 New York Times bestselling author and founder of a multimillion-dollar media company, Rachel Hollis sounds a wake-up call. She knows that many women have been taught to define themselves in light of other people—whether as wife, mother, daughter, or employee—instead of learning how to own who they are and what they want. With a challenge to women everywhere to stop talking themselves out of their dreams, Hollis identifies the excuses to let go of, the behaviors to adopt, and the skills to acquire on the path to growth, confidence, and believing in yourself.

Guided Journal for Teenage Girls

Packed with questionnaires, thoughtful activities, fascinating information, and psychological wisdom, *DK's Do You Know Who You Are?* is an enjoyable and insightful journey of self-discovery. Learn all about your skills, dreams, desires, fears, likes and dislikes, personality, and more with this new quiz book for young adults who want to discover more about themselves. Questions such as "What do my dreams mean?" "Am I saver or a spender?" and "What's my style decade?"

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are expertly answered in a format that offers endless fun for teenage girls with an interest in self-analysis and psychology.

Through My Eyes

Turn your doodles into a personal journal and into art, to boot! In the tradition of Keri Smith (Wreck This Journal, This Is Not a Book), Dawn DeVries Sokol has created a fun, easy artist's journal to get kids started with the basics. Doodle about your day; makes lists of your favorite things; write goals and daydream; try different mediums like pens, watercolors, and found art; add in family photos or ticket stubs; use Xerox transfers; and much, much more to create a casual, playful, and often thoughtful journal of your life.

Becoming Me

A UNIQUE JOURNAL EXPERIENCE This Girl is filled with thought-provoking questions and journal prompts. It is designed to inspire girls in a FUN and CREATIVE way. Designed for girls age 9 and over as a means to self-discovery and betterment and for positive and enriching writing experiences. Sprinkled among the pages are inspirational quotes, as well as designs and pictures to color. Writing areas are unlined for maximum creativity so she can make this journal every bit as unique as she is. 6X9 inch, 108 pages, lightly lined, matte softcover

The Mindfulness Journal for Teens

Stay calm and cool no matter what--a mindfulness journal Being a teenager can be tough--schoolwork, social media, life in general. Mindfulness can help. The Mindfulness Journal for Teens gives you a toolbox of helpful techniques--simple breathing exercises, easy meditations, and lots and lots of journal prompts to help you de-stress and live in the moment. This journal is a safe space where you can write your thoughts and bring mindfulness into your daily routine. By spending just a few minutes with it every day, you can make your life calmer, more focused, and overall easier. This journal includes: Teen survival skills--The prompts help you deal with common issues like relationships with family and friends, school, and self-esteem. Short and sweet--Apply simple mindfulness exercises like power posing, mindful eating, and mindful walking to help you stay present. Keep your head up--Use inspirational quotes to deepen your understanding and face your fears. Find out how to stay present in the moment with guided writing prompts in this helpful mindfulness journal.

Hey Girl! Empowering Journal for Girls

THE GIRL POWER GUIDEBOOK, together with the Girl Power Journal complete the now-famous life-changing empowerment program for girls (8 to 13) which includes life skills, fitness, positive thinking,

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creativity, and fun. Girls get excited about being strong, self-confident, independent, and healthy, with the tools they to succeed.

A Wrinkle in Time

#1 NEW YORK TIMES BESTSELLER * #1 SUNDAY TIMES BESTSELLER * #1 INDIE NEXT PICK A Best Book of the Year: The Washington Post * NPR * The Atlantic * New York Public Library * Vanity Fair * PBS * Time * Economist * Entertainment Weekly * Financial Times * Shelf Awareness * Guardian * Sunday Times * BBC * Esquire * Good Housekeeping * Elle * Real Simple “THIS IS THE BEST BOOK OF THE YEAR. This is it. This is the oneIt blew the top of my head off and I haven’t been able to stop thinking or talking about it since.” –Elizabeth Gilbert “Taddeo spent eight years reporting this groundbreaking bookBreathtakingStaggeringly intimate.” –Entertainment Weekly “A breathtaking and important book...What a fine thing it is to be enthralled by another writer’s sentences. To be stunned by her intellect and heart.” –Cheryl Strayed A riveting true story about the sex lives of three real American women, based on nearly a decade of reporting. Hailed as “a dazzling achievement” (Los Angeles Times) and “riveting page-turner that explores desire, heartbreak, and infatuation in all its messy, complicated nuance” (The Washington Post), Lisa Taddeo’s Three Women has captivated readers, booksellers, and critics—and topped bestseller lists—worldwide. In suburban Indiana we meet Lina, a homemaker and mother of two whose marriage, after a decade, has lost its passion. Starved for affection, Lina battles daily panic attacks and, after reconnecting with an old flame through social media, embarks on an affair that quickly becomes all-consuming. In North Dakota we meet Maggie, a seventeen-year-old high school student who allegedly has a clandestine physical relationship with her handsome, married English teacher; the ensuing criminal trial will turn their quiet community upside down. Finally, in an exclusive enclave of the Northeast, we meet Sloane—a gorgeous, successful, and refined restaurant owner—who is happily married to a man who likes to watch her have sex with other men and women. Based on years of immersive reporting and told with astonishing frankness and immediacy, Three Women is both a feat of journalism and a triumph of storytelling, brimming with nuance and empathy. “A work of deep observation, long conversations, and a kind of journalistic alchemy” (Kate Tuttle, NPR), Three Women introduces us to three unforgettable women—and one remarkable writer—whose experiences remind us that we are not alone.

I Am Enough

A beautifully illustrated interactive journal from the creator of the empowering adult coloring book I Love My Hair--featured on BuzzFeed, Mashable, and more. Encourages self-discovery, self-care, and nurtures creative expression--a perfect graduation gift! This gorgeous full-color journal and activity book will get you coloring, doodling, and writing your way to your best self. Combining quotes from inspiring

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women, positive affirmations, and artistic advice direct from Andrea Pippins, along with supportive prompts and exercises, this uplifting book is the perfect tool to get those creative juices flowing. And with stylish hand-lettering and full-color illustrations throughout, *Becoming Me* is a perfect gift and keepsake--as well as a powerful tool for self-expression. Praise for *I Love My Hair* by Andrea Pippins: "The girl power stress-reliever we all needed." --Bustle.com "Pippins's imaginative images will inspire your inner artist and fashionista." --The Huffington Post

Three Women

Confidence is the ultimate secret to success and a happy life, and many parents struggle with how to inspire confidence in their girls, who are bombarded with so many confidence-eroding messages by the media and their peers. Much of the cultural conversation these days is around how we help girls build strong egos in the face of our image-obsessed, shallow, patriarchal culture, and this journal ties into that conversation in a practical way. With inspiring prompts and encouraging quotations, this journal will bring out the fierce in every girl, and serve as a helpful reminder that a woman's true value is in her heart and her head, not in her mirror.

I Am Girly & Confident

Picking up the women and success conversation where Sheryl Sandberg left off, Krawcheck shows women how to take their careers to the next level by playing by a new set of rules that build on their natural strengths. So much advice for women talks about how to succeed in the static business world of yesterday and today. But that world is rapidly changing, and these changes are empowering women in unprecedented ways. Because in the increasingly complex, connected, and technology-driven world of tomorrow where communication and collaboration rule the day the skills and qualities needed for success are ones that women inherently possess - in spades. By owning those qualities - qualities that make women amazing collaborators, extraordinary leaders and invaluable assets in the business world - you have more power and potential than you realize. Here Krawcheck draws on her experiences at the highest levels of business, both as one of the lone women at the top rungs of the biggest boys club in the world, and as an entrepreneur, to show how women can tap into these skills - and their enormous economic power - to elevate their careers - everything from getting the raise, to new takes on networking and mentoring, to navigating career breaks and curveballs and forging non-traditional career paths, to how to initiate the "courageous conversations" about true flexibility and diversity in the workplace. We can have a more significant role than ever in shaping our companies - and building new companies - into places we want to work. Lighting the path to complete the revolution ignited by Gloria Steinem, Krawcheck shows how each one of us can leverage our growing power to

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own our careers and our futures.

Journal for Girls

A chapter book edition of Nobel Peace Prize winner Malala Yousafzai's bestselling story of courageously standing up for girls' education. Malala's memoir of a remarkable teenage girl who risked her life for the right to go to school is now abridged and adapted for chapter book readers. Raised in a changing Pakistan by an enlightened father from a poor background and a beautiful, illiterate mother, Malala was taught to stand up for what she believes. Her story of bravery and determination in the face of extremism is more timely than ever. In this edition, Malala tells her story in clear, accessible language perfect for children who are too old for Malala's Magic Pencil and too young for her middle-grade memoir. Featuring line art and simplified back matter, Malala teaches a new audience the value of speaking out against intolerance and hate: an inspiring message of hope in Malala's own words.

This Girl - a Diary Just for Girls

Hey Girl Hey MINIMALIST AND STYLISH JOURNAL Whether for your desk at home, your work or in your bag on the go this professionally designed 6x9 notebook provides the perfect platform for you to record your thoughts. This Journals pre-lined pages are ready and waiting to be filled. DETAILS: 120 Blank Lined White Pages Simple Stylish Typographic Cover Art DIMENSIONS: 6x9 inches PERFECT FOR: Everyday Dairy Personal Journal Wedding Planning Work Lists Creative Doodles College Planning

More Confident, Happy & Beautiful

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Create Your Me Movement

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#1 NEW YORK TIMES BESTSELLER – OVER 3 MILLION COPIES SOLD Do you ever suspect that everyone else has life figured out and you don't have a clue? If so, Rachel Hollis has something to tell you: that's a lie. If you have ever said any of these things to yourself . . . Something else will make me happy. I'm not a good mom. I will never get past this. I am defined by my weight. I should be further along by now. . . . then you could benefit from the unflinching faith and rock-hard tenacity Rachel Hollis has in store for you. In this challenging but conversational book, Rachel exposes the twenty lies and misconceptions that too often hold us back from living joyfully and productively, lies we've told ourselves so often we don't even hear them anymore. Rachel is real and talks about real issues. More than that, she reveals the specific practical strategies that helped her move past them. In the process, she encourages, entertains, and even kicks a little butt, all to convince you to do whatever it takes to get real and become the joyous, confident woman you were meant to be. Because you really can live with passion and hustle – and give yourself grace without giving up.

This Book Is Anti-Racist

NEW YORK TIMES BESTSELLER “In her book, Melinda tells the stories of the inspiring people she's met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace.” – President Barack Obama “The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what's possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” – Brené Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead “Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever.” – Malala Yousafzai “Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms.” – Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. “How can we summon a moment of lift for human beings – and especially for women? Because when you lift up women, you lift up humanity.” For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world. As she writes in the introduction, “That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I

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want all of us to see ways we can lift women up where we live.” Melinda’s unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

5 Minute Girls Gratitude Journal

Express Yourself is a one-year journal for teen girls with thought-provoking prompts for self-exploration, inspiration, and free expression. Teen girls have a lot to say—and even more to write about. Chronicling one year’s worth of discoveries, dreams, and day-to-day happenings, Express Yourself gives girls the gift of getting to know themselves. From describing a favorite daydream to documenting the world around them, this journal engages teens with important questions for reflection. With dedicated space for daily expression—plus wise words from smart women for inspiration—Express Yourself gives every girl the space to write her story. Truths, daydreams, fears, hopes, likes, hates—Express Yourself offers girls an outlet for self-exploration, with: Weekly writing prompts that encourage girls to reflect on the most impactful events of their teenage years. Space for daily notes to write regularly, even if it is just a quick few lines. Inspirational quotes from leading ladies in every industry, including comedians, writers, actresses, politicians, and more! Years from now, when she has grown up into an amazing woman, she will look back at the pages in Express Yourself and remember where it all began.

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