



# **The Myth of the Perfect Girl: Helping Our Daughters Find Authentic Success and Happiness in School and Life**

*Ana Homayoun*

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**New insights and practical solutions for overworked and stressed-out girls and their parents.**

In today's achievement culture, many girls seem to be doing remarkably well--excelling in honors and sports and attending top colleges in ever greater numbers--but beneath the surface, girls are stressed out and stretched too thin as they strive to be "perfect." In their efforts to juggle schoolwork and extracurriculars, family life and social lives, friends and frenemies, as well as relationships online and IRL (in the real world), many girls begin to lose sight of who they really are, and instead work overtime to please their friends, parents, teachers, and others.

*The Myth of the Perfect Girl* explores the changing dynamic of today's culture of perfectionism, and offers practical, thoughtful solutions to promote the healthy social, emotional, physical and spiritual wellness of today's young girls and women. The book is an inspiring look at how we can help our youngest generations create their own blueprint for personal success and happiness.

With honesty, empathy, and a fresh perspective, *The Myth of the Perfect Girl* presents advice to empower both parents and girls themselves to discover what true success and happiness means to them -- and how to work to achieve it.

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