

Heidi's Recommended Reading/Resource List:

- Brown, L.M. (2003). Girlfighting: Betrayal and Rejection among Girls. New York: New York University Press.
- Brumberg, J.J. (1998). The Body Project: An Intimate History of Teenage Girls. New York: Vintage Books.
- Deak, J. (2002). Girls will be Girls: Raising Confident and Courageous Daughters. New York: Hyperion.
- Erlbach, A. (2003). The Middle School Survival Guide. New York: Walker & Co.
- Kilbourne, J. (1999). Can't Buy My Love: How Advertising Changes the Way We Think and Feel. Simon and Schuster: Touchstone Book.
- Kindlon, D. (2006). Alpha Girls: Understanding the New American Girl and How She Is Changing the World. New York: Rodale Inc.
- Levine, M. (2006). The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids. New York: Harper Collins.
- Littman, B. (1999). Everyday ways to raise Smart, Strong, Confident Girls: Successful Teens tell us what works. New York: Thomas Dunne Books.
- Lamb, S. and Brown, L.M. (2006). Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes. New York: St. Marten's Press.
- Machoian, L. (2005). The Disappearing Girl: Learning the Language of Teenage Depression. New York: Dutton.
- Madison, Lynda. (1997). Keep Talking: A Mother-Daughter Guide to the Pre-Teen Years.
- Orenstein, P. (1994). SchoolGirls: Young Women, Self-Esteem, and the Confidence Gap. New York: Doubleday Anchor Books.
- Pipher, M. (1994). Reviving Ophelia: Saving the Selves of Adolescent Girls. New York: Ballantine Books.
- Redd, N. (2007). Body Drama: Real Girls, Real Bodies, Real Issues, Real Answers. New York: Gotham.
- Richardson, Brenda & Rehr, Elane (2001). 101 Ways to Help Your Daughter Love Her Body. New York: Harpercollins
- Simmons, R. (2003). Odd Girl Out: The Hidden Culture of Aggression in Girls. Harvest Books.
- Simmons, R. (2004). Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy. Harcourt, Inc.

Snyderman, N.L. & Streep, P. (2002). Girl in the Mirror: Mothers and Daughters in the Years of Adolescence. Hyperion: New York.

Stepp, Laura Sessions (2000). Our Last Best Shot: Guiding Our Children Through Early Adolescence. New York: Riverhead Books.

Wiseman, R. (2002). Queen Bees & Wannabes: Helping your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence. New York: Three Rivers Press.

Wolf, N. (1986). The Beauty Myth: How Images of Beauty are Used Against Women. New York: Doubleday Anchor Books

Other Resources:

www.campaignforrealbeauty.com - Dove site that has many great videos, especially one about images being altered and changed before being published.

Daughters – A very informative and helpful newsletter and website. www.daughters.com

New Moon Network – Another good newsletter and website for girls and parents. www.newmoon.org

The North Star Project – www.northstargirls.org and www.northstargirls.org/camp

Smart Girl – A good website for girls. www.smartgirl.org

Creative Crossings - Creative Crossings is a company founded by a colleague of mine, Peggy Rubens-Ellis. She has developed an exciting interactive workshop that honors and celebrates the pre-teen and teenage years. As our girls grow into unique independent young women, they need the support, guidance and wisdom of their elders. She has also created a dynamic program related to girls and relational aggression. www.creative-crossings.com