



Girl Power: Affirmations for girls

Shonda Miles

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Girl Power is a book about self-esteem for girls. This book was written to help increase the self esteem of African American Girls. Girls need positive affirmations ingrained in their minds so that's what they think about. And when negativity and self doubt creeps up and it inevitably will, she can replace it with I am.

Girl Power provides a strong foundation.

Girls are bombarded with images of what supposed perfection is.

Kids hear enough negative messages. They need more positive messages.

This book is for every girl who will experience doubt, unbelief, shame, unacceptance or belittlement.

This book is for the little girl who doesn't like a part of their body (who is perfect in everyway that counts).

This book is for the little girl whose innocence maybe tarnished by someone else's insecurity.

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