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Book Guides Teens on the Rocky Road to Womanhood

(Courtenay, BC, August 31, 2006) – After becoming fed up with the lack of healthy, strong, female “role models” to guide young women on the rocky road to womanhood, **Esther Kane, MSW, Registered Clinical Counsellor**, came up with a solution. She has just completed a must-have “guidebook to womanhood” for teen girls called, ***“What Your Mama Can’t or Won’t Teach You: Grown Women’s Stories of Their Teen Years.”***

Esther wanted to provide teen girls with stories of difficulties overcome and hope that things will one day become easier with the wisdom gained through life experience. She based the concept of the book on psychological research that shows that girls and women learn in relation to other girls and women and do their best when they have guides and mentors along the path to womanhood.

Esther says of the book, “ It’s high time that young women have female role models who they can relate to and who live regular lives like them. Looking to movie stars and models for guidance on being a healthy, strong woman with high self-esteem is like going to the hardware store for bread- you simply won’t find it there.”

Esther wanted to make sure that this book covered as many of the most important things teen girls wanted to know about, so she interviewed a wide array of teen girls and asked them what the most important topics were.

As a result of their feedback, Esther asked women about these topics and within their detailed answers, this is what young women will learn by reading it:

- How to confidently surf the wild waters of adolescence
- The positives of becoming a woman and what you can look forward to
- What to do and not to do in romantic relationships
- Finding your passion in life
- How to make, save, and manage your money
- How to deal with losses and endings in a self-loving way
- Getting in touch with your spirituality and using it as a strength you can lean on during tough times

To order either a copy of the book either in e-book or paper copy, go to:
www.guidebooktowomanhood.com