

# Help your girls have good reasons to feel good about who they are . . .

## You GROW Girl!

A Self-empowering Workbook for  
Tweens and Teens

by Gina Scarano-Osika and  
Kim Dever-Johnson

Foreword by Joan Jacobs Brumberg, author of  
*The Body Project* and *Fasting Girls*

**You GROW Girl!** is a balanced, integrated workbook addressing all the core issues most girls aged 9 to 16 struggle with every day. It helps them see and be smart about the connections between self-esteem, thought patterns, eating habits, and overall health. Interactive sections on weight/size/food issues, coping with stress, culture and peer pressures, deceptive media/Internet images, exercise, mindfulness, and more . . . help girls establish a healthy perspective that fosters good habits to serve them for a lifetime.

The last chapter bridges gaps between girls and adults with hands-on things to explore together, that bring it all together by bringing it home.

**Gina Scarano-Osika, Ph.D.**, is a NY state licensed psychologist with 13 years' experience working with young women and adults. She has appeared on *FOX News* and in a variety of TV/radio/print media.

**Kim Dever-Johnson, MA, LMHC, NCC**, is a certified Elementary School Counselor and a Licensed Mental Health Counselor who administers health/wellness therapy for children and adults at hospitals and private medical facilities.

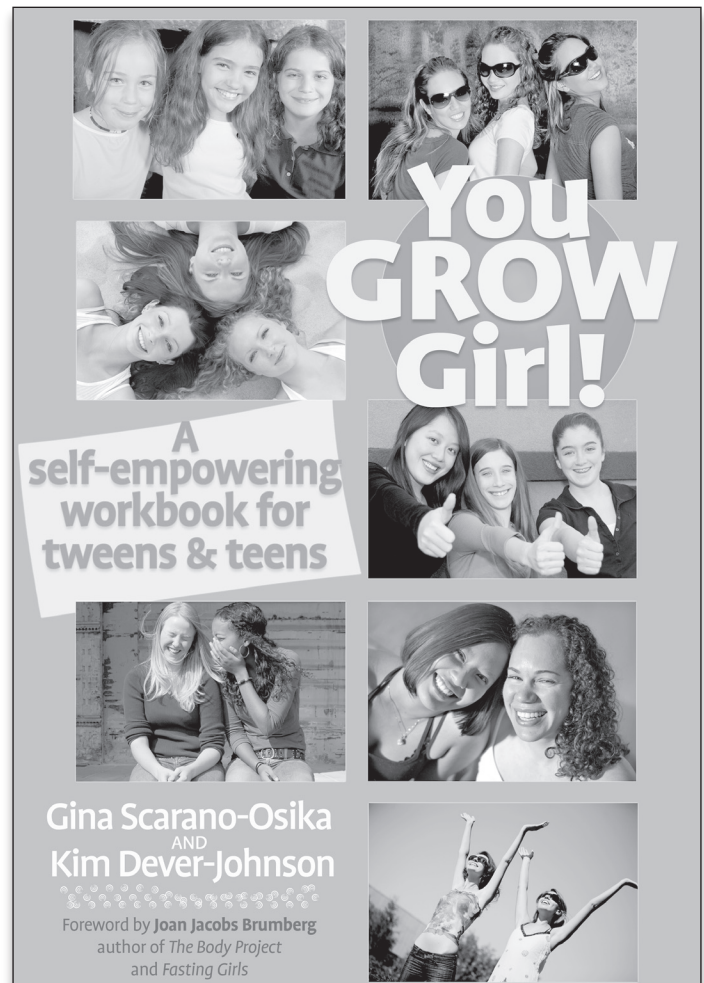
Together they are developing a popular **You Grow Girl!** program for use in schools and community programs.



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**“The perfect book for those who worry about obsession with body image . . . interactive exercises provide practical, easy tools for a healthy pathway through adolescence.”**

—**Joan Jacobs Brumberg**, author of *The Body Project*

### Available for Fall 2008

(For information about adopting **You GROW Girl!** for your course, or ordering for your school or program, see contact information below.)

7 x 9, layflat paperback

Full color cover, 2-color interior

illustrated throughout

Interactive work spaces

128 pages, \$15.95