



Life Lessons for the Teenage Girl: Quotes, Inspiration and Advice for Women by Women

Kelly Tonelli

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Being a teenage girl is hard. Admit it-frequently it's downright terrible. They are constantly bombarded with suggestions about how to best live their lives from everyone they know. It becomes a challenge just to know whose suggestions to follow and whom to ignore. Their parents and teachers are "too old" to understand them, and friends can be just as confused as they are. Teens are often tempted to turn to celebrities who, unfortunately, are only asked about fashion, weight loss, and "how to get the guy." *Life Lessons for the Teenage Girl: Quotes, Inspiration, and Advice for Women by Women* provides valuable and entertaining advice from women who have attained success in business, politics, sports, and entertainment. Their goal in offering advice is to spare teenage girls some of the challenges and frustrations they may have experienced themselves. If the struggle can't be avoided, teens can at least gain comfort in the knowledge that they are not alone in their experience. Techniques and exercises are provided to help teenage girls survive and thrive beyond their teenage years. Is *Life Lessons for the Teenage Girl* for teenage girls only? Heck no! Everyone can be educated and entertained by the insights these women dispense. All can benefit from learning new strategies to manage life's difficulties. Find out who stayed serious and who couldn't help.

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