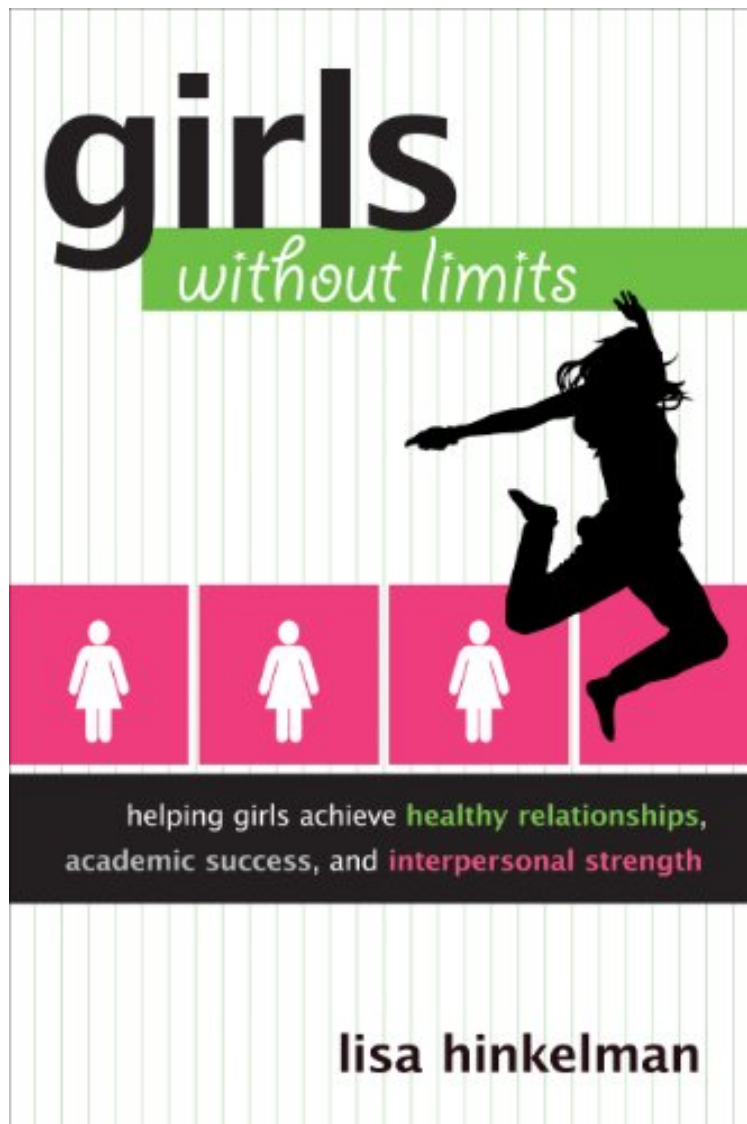


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# Girls Without Limits: Helping Girls Achieve Healthy Relationships, Academic Success, and Interpersonal Strength

Lisa M. Hinkelman

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**Lisa M. Hinkelman : Girls Without Limits: Helping Girls Achieve Healthy Relationships, Academic Success, and Interpersonal Strength** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Girls Without Limits: Helping Girls Achieve Healthy Relationships, Academic Success, and Interpersonal Strength:

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"You just don't understand!"Today's girls agree: adults don't "get" what's going on in their lives. Friendship drama, self-image, grades, dating, fear of failuremdash;these pressures impose limits. More than ever, girls need adults who will be a positive force in their lives. This book's research, real-life stories, and action strategies will help you: Understand the unique challenges girls facemdash;social pressure, body image, boy trouble, academics, and career choices Help girls develop skills and competencies to deal with these challenges Empower girls to confront negative societal expectations and make healthy, positive decisions

"As educators, we know that the wellbeing of our girls is critical. Revealing important research and reinforcing what we suspected, the author provides us with critical information that can be used in many facets of our work with adolescents."--Beth Madison, Principal (07/23/2012)"Dr. Hinkelman's book encourages her audience to become literate in the language and culture of girls. As an educator, a coach, a mentor, and a father, the insights and strategies afforded here provide powerful tools to best support the efforts of the young women with whom I have the rich occasion to work. Together we will become stronger, more creative, and positive by attending to these insights. Dr. Hinkelman addresses well the challenges faced by girls today while affording her audience the tools and the courage necessary to undertake change."--Gregory Hodges, Director of International Learning (10/18/2012)"Girls Without Limits is a welcome addition to books already on the market promising to help parents, educators, and staff working with girls to facilitate their healthy development. Hinkelman's advice, drawn from her own work with girls, is grounded in current research. While she emphasizes the important role that adults can and should play in helping girls reach their full potential, Hinkelman avoids characterizing girls as too vulnerable or needy. Instead she provides a roadmap for how girls and important adults in their lives can partner to foster girls' resilience during development."--Peggy Stubbs, Professor, Chair of Undergraduate Psychology (10/22/2012)"Girls Without Limits is an outstanding must read for parents and educators of adolescent girls. Dr. Hinkelman's research is an eye opener for all!"--Theresa Pettis, Principal (10/24/2012)"Girls Without Limits is an excellent resource for school counselors, clinicians, teachers, parents, and all stakeholders committed to ensuring that girls reach their optimal potential. Dr. Lisa Hinkelman has done a phenomenal job capturing the voices and personal experiences of girls across the nation and translates their struggles into positive strategies that can result in prolific outcomes.It is a "must have" to help girls achieve healthy relationships, academic success, and interpersonal strength!"--Anita Young, Assistant Professor (10/18/2012)"Girls Without Limits is a unique guide to helping our girls navigate life in the 21stcentury. The time which has gone into the research for this book has paid off in a wonderful mosaic, a picture of life as a young girl during these challenging times. Experiencing this book gives hope that we can help girls by giving a voice to their individual struggles and fostering the resilience which has been there all along. As the national director of a counseling program which impacts over 40,000 students, I will encourage each of my counselors to read Dr. Hinkelman s book."--Tisha Green-Rinker, National Director of Counseling""As educators, we know that the wellbeing of our girls is critical. Revealing important research and reinforcing what we suspected, the author provides us with critical information that can be used in many facets of our work with adolescents."--Beth Madison, Principal (07/23/2012)"Dr. Hinkelman's book encourages her audience to become literate in the language and culture of girls. As an educator, a coach, a mentor, and a father, the insights and strategies afforded here provide powerful tools to best support the efforts of the young women with whom I have the rich occasion to work. Together we will become stronger, more creative, and positive by attending to these insights. Dr. Hinkelman addresses well the challenges faced by girls today while affording her audience the tools and the courage necessary to undertake change."--Gregory Hodges, Director of International Learning (10/18/2012)"Girls Without Limits is a welcome addition to books already on the market promising to help parents, educators, and staff working with girls to facilitate their healthy development. Hinkelman's advice, drawn from her own work with girls, is grounded in current research. While she emphasizes the important role that adults can and should play in helping girls reach their full potential, Hinkelman avoids characterizing girls as too vulnerable or needy. Instead she provides a roadmap for how girls and important adults in their lives can partner to foster girls' resilience during development."--Peggy Stubbs, Professor, Chair of Undergraduate Psychology (10/22/2012)"Girls Without Limits is an outstanding must read for parents and educators of adolescent girls. Dr. Hinkelman's research is an eye opener for all!"--Theresa Pettis, Principal (10/24/2012)"Girls Without Limits is an excellent resource for school counselors, clinicians, teachers, parents, and all stakeholders committed to ensuring that girls reach their optimal

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over 40,000 students, I will encourage each of my counselors to read Dr. Hinkelman's book." (Tisha Green-Rinker, National Director of Counseling) From the Back Cover This book will help you become a positive force in girls' lives in any capacity; as a teacher, counsellor, advisor, or parent.