



The Truth: Diary of a Gutsy Tween

Barbara Becker Holstein

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Growing up is tough. Adults don't always understand you (even though they were once kids), and children today face increasing pressure to be, look, or act a certain way. Written in the voice of a girl on the cusp of becoming a teenager, *The Truth* provides young girls with an opportunity to see how a girl, who is in many ways like themselves, handles her toughest problems and most personal thoughts. Each new page brings forth a discussion to help girls handle everyday problems: How do you survive a bully? How do you handle a crush on a boy? What can you do about relentless teasing by your peers? What really matters as you grow older?

In a positive and supportive diary-entry format, Dr. Barbara Becker Holstein encourages tween girls to carry the most precious parts of themselves into adulthood. A great book for mothers and daughters to read together, *The Truth* is aimed to improve communication, understanding, and self-esteem for young girls as they enter the rocky road of teenager-dom.

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