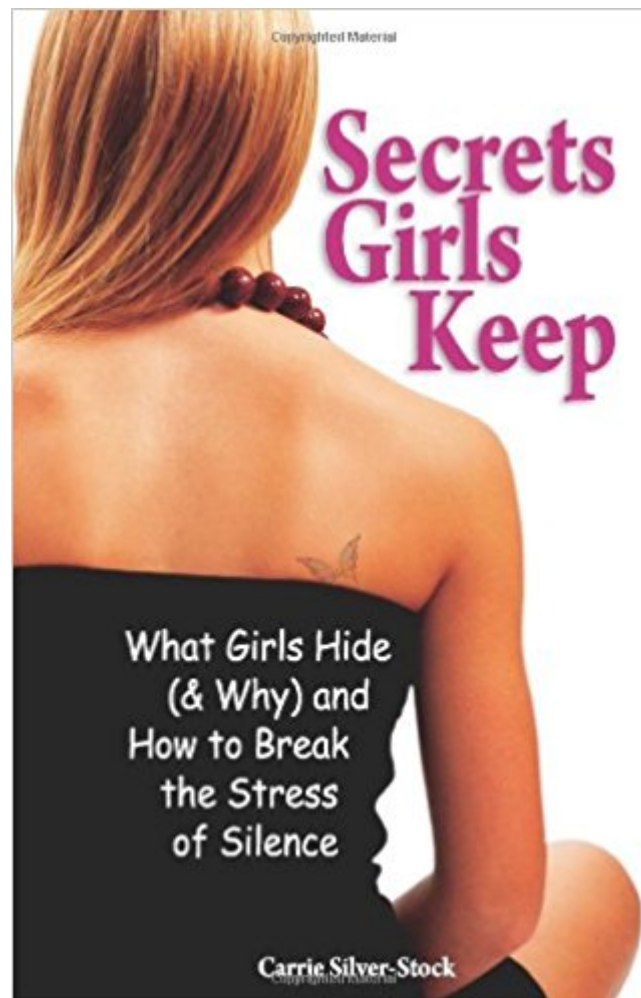




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# Secrets Girls Keep: What Girls Hide (& Why) And How To Break The Stress Of Silence



## Synopsis

Do You Know Someone with a Secret? Â This book is for every girl with a secret, which pretty much means every one. Our secrets help us, hurt us, and sometimes even haunt us beyond high school. Secrets like: I hate the way I look. My boyfriend yells at me. I'm cheating my way through chemistry. I lost my virginity and regret it. I sent a text message about my friend that wasn't true. I went to a party and didn't tell my parents. My mom drinks too much. By revealing the personal stories, struggles, and secrets of other teen girls, Carrie Silver-Stock shows how to deal with everyday stresses by being self-reliant, not silent, and how to get real about what matters. With tips and advice for teens and by teens, you'll learn how to:â ¢ Navigate the ups and downs of dating â ¢ Make and keep good friends â ¢ Deal with school (the social scene and grades) â ¢ Handle family drama â ¢ Survive the cyber scene â ¢ And more . . . Thousands of girls are joining the movement to share their secrets, ideas, and stories. What are you waiting for? Visit [www.girlswithdreams.com](http://www.girlswithdreams.com).

## Book Information

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Product Dimensions: 5.4 x 0.7 x 8.4 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 12 customer reviews

Best Sellers Rank: #2,919,376 in Books (See Top 100 in Books) #49 inÂ Books > Teens > Social Issues > Peer Pressure #276 inÂ Books > Teens > Education & Reference > Social Science > Psychology #429 inÂ Books > Teens > Social Issues > Self-Esteem & Self-Reliance

Age Range: 12 - 18 years

Grade Level: 9 and up

## Customer Reviews

"As media and commercial culture is putting increasing pressure on girls to conform to standards that can be very harmful to themselves and their relationships with others, Secrets Girls Keep gives teen-age girls down-to-earth, practical, heartfelt advice that will empower them to resist the pressure and take care of themselves and others in these hard to grow up times.Â Parents will thank Carrie Silver-Stock for giving them this book to give to and discuss with their daughters."â •Diane Levin,

Ph.D., Professor of Education, Wheelock College, Author of *So Sexy So Soon* (Diane Levin, Ph.D.) "The key to happiness is getting real and finding a way to be okay with who we are—our authentic selves. How great would it be to learn how to tap into this honest and open place as a teenager? When girls follow Carrie's guidelines for shedding their secrets and taking charge of their lives, the world has no choice but to be a better place!" —Deborah Reber, Teen advocate, speaker, and author (Deborah Reber) "Secrets Girls Keep is compelling in its honesty, openness, and just plain good sense. Written for teenage girls, who face pressures that are almost impossible to imagine, it models getting beneath the silence and shame that all too often accompany life problems (e.g., loss, sex, abuse, eating problems, mood disorder) and actively engages them in self-exploration and disclosure. A vitally important book." —Stephen Hinshaw, Ph.D., Professor and Chair, Department of Psychology, UC Berkeley; author of *The Triple Bind: Saving our Teenage Girls from Today's Pressures* (Stephen Hinshaw, Ph.D.) "I loved Secrets Girls Keep because it helped me figure out a lot about myself. The book was very inspiring. I also loved the book because it helps me to talk to my friends better and even my mom." —Tierra B., 14 (Tierra B.) "Teen girls are the future leaders of our families, workplaces, and communities. Secrets Girls Keep is an invaluable tool for helping every girl make the right choices for herself while growing up. Silver-Stock shows girls how to find their own voice and path as they strive to become future leaders while navigating the ups and downs of young adulthood. Every girl who is determined to succeed will love the solid advice, straightforward approach, and the real life stories shared by other girls." —Sandra Yancey, Founder and CEO eWomenNetwork, Inc (Sandra Yancey) "A heartfelt book dedicated to helping girls stay strong, brave and fearless. Secrets Girls Keep is an honest account of growing up female. Every reader can find a story they can relate to and the support they need to make it." —Rachel Muir, fearless leader, Girlstart (Rachel Muir) "Carrie-Silver Stock has done a marvelous job of addressing the challenges teen girls face. Let's face it, it's not easy growing up, but here's a book that provides real life stories, practical advice and seven "important" tips to help teen girls become more empowered, confident, healthy and productive. I will be recommending it to all the teen girls in my life... and their parents, too." —Susan Kallash-Bailey, Mother, and CEO of Solutions with Heart (Susan Kallash-Bailey) "At a time when we're all looking for change, we can't forget the coming generations of young women in our world. Carrie's book isn't a "How-To" book, it goes much deeper, providing first hand examples of why it might be a difficult journey for young women in today's world, but not an impossible one. The Seven Tips should be memorized by everyone who is a preteen girl or knows one." —Magi Henderson, Glen Carbon Centennial Library, Youth Services Director (Magi Henderson) "After reviewing Secrets Girls Keep, I have

recommended it to several people.Â Anyone who has a girl in their life should read *Secrets Girls Keep* because it's more than a book - it's a workbook, filled with insight and thought-provoking questions.Â Carrie's book should be the bible for every school counselor." â •Line Brunet, CLC, MFDC, MSLC, Life & Family Empowerment Coach (Line Brunet, CLC, MFDC, MSLC)

Carrie Silver-Stock, MSW, LCSW received her masters in social work from Washington University in 1999 and a BA in sociology and World Perspectives from Principia College. She is the founder and CEO of [girlswithdreams.com](http://girlswithdreams.com). The mission of [girlswithdreams.com](http://girlswithdreams.com) is to create a place founded on friends, dreams, and action where girls empower each other to build their best lives. Silver-Stock teaches girls how to be leaders and take action in their own lives and in the world. She has collaborated with organizations like Girls Inc. and the Girl Scouts. She has presented at University Missouri St. Louis, Lewis and Clark Community College, St. Luke's Hospital,Â and appeared on *Guidelines for Mental Health* (cable TV). She is the former radio talk show host of "Make it Happen" and a contributor to *GLOW* magazine. She has also appeared on today in St. Louis, (KDSK/NBC), ABC Radio, Women's Media, CKOM radio, the Working Women's Show, numerous St. Louis venues, and has had articles published in a variety of media outlets.

I wish I had known about this book back in high school it would have been a great help or at the very least a soothing escape. Though four years too late it still helps in college settings

Great book for teens and parents of preteens (to be ahead of the game) and of teens to help the parents and teens cope and relate to each other. The web site related is helpful too.

Self help books ( which is what *Secrets That Girls Keep* is) can go in a lot of ways. Some are way too preachy, some are just so annoying you want to throw them at a wall and never look back, and some are just the kind of book that you feel like everyone should read because of the greatness contained inside. *Secrets Girls Keep* was the last of the three, thankfully. In *Secrets Girls Keep* there were a list called " Seven Tips Every Girl Needs to Deal with Any Problems" which I personally found to be really easy for any teen girl to apply to their own problems from Beauty to Boys to Funky Family Stuff. Plus, it even gave you a step by step look at they can be applied to every issue in the book which was helpful. Further more, I loved how Carrie included wide range of topics in the book that covered almost all the bases for every category. Though, the one thing I wasn't too found of was how sometimes Carrie's tone could become a bit "preachy" ( which is a big no no for me as the

reader which you can tell from above), but these little chunks were far and few, leaving it to be no that big of a nuisance. In all, this book is a great read for teens, because I seriously doubt you won't be able to find at least one situation in the book that your dealing with currently or have in the past.

Modern American girls grow up in a world that is so fundamentally different than that of their male counterparts that most girls end up with a feeling of isolation within a greater society. Trying to "fit in," struggling with self worth, and discovering her own identity leads many a young woman to hide her real thoughts and to keep secrets (even dangerous ones) from those who can help, and even from herself. Whether the secret involves sexual harassment, an eating disorder, family tragedies, or depression, American girls almost seem to be "trapped by the cult of secrecy" that is the norm of the female society. *Secrets Girls Keep: What Girls Hide (& Why) and How to Break the Stress of Silence* addresses this tendency to keep quiet about what is most important in a growing girl's life and tries to help solve the underlying issues that cause the secrecy. The book is full of actual accounts from real girls from many walks of life. Their problems range across the realms of self esteem, boys and dating, friends, bullying, school, alcoholic family members, money, internet socialization, depression, drugs, eating disorders, cutting, and teen pregnancy (to name a few). Within each category, Carrie Silver-Stock takes the reader through a list of seven tips that can be used to deal with the problem underlying the secret at hand. These tips are: use your gut (intuition); discover and use your strengths; choose and respect the right friends; be courageous and confident; be and stay fit; dream big; and get outside yourself (help others who have the same problem). Silver-Stock illustrates how these seven tips can be adapted to all situations and how breaking the secrecy cycle will help girls develop into fully functioning young women. Carrie Silver-Stock is a licensed social worker who has spent many years working with young girls struggling with the varying issues that affect their development and futures. She has founded a social networking site called [girlswithdreams.com](http://girlswithdreams.com) that advice and support for teenage girls and she references this site often throughout the book. *Secrets Girls Keep* shares the personal stories of many girls and provides insight and solutions for many of life's struggles. It is a "must read" for any growing young lady or any parent/guardian of a teenage girl.

Amazing book. Bought it at a book sale organized at my girls' school and feel compelled to write a review as I think its impact can be tremendous in a girl's life in term of learning self-respect in all areas and navigating the teen years. I feel glad I found this book and strongly feel it can help my girls grow into confident and self loving individuals.

Some people might right away step away from this book, labeling it a self help book and automatically walking away. *Secrets Girls Keep* is much more than a self help book, it's kind of a lifeline for teenage girls. Silver-Stock's writing was realistic and girls could relate to the topics she discussed, and learn from it. The author tackles a variety of topics- sex, friendship, school, boys, drugs, eating disorders, beauty, and much, much more. There were quotes from girls who had dealt with the certain problems and it made the reader feel like they weren't alone- there are other girls out there dealing with stress in school, friendship problems, etc. Many self help books out today just annoy me- you can tell the author knows nothing about what it's like being a teenager today and I'm wary to pick them up. But you can tell the author of this book is nothing like that, she can see right into the head of teenagers. *Secrets Girls Keep* is a book I will recommend to my friends and it's even good for parents. There were little quizzes in the book, tips, suggestions, all kinds of things put together in a likable format. There's a table of contents in the beginning so you can turn to the specific page that deals with the answer you're looking for, which I found really helpful. Since reading this, I've skimmed it several more times and know I will look at it more in the future. The author never put the reader down, but rather guided them and gave suggestions on where to change things for the better. By the end of the book you'll be feeling a lot better about yourself. There are even other sources for help in the pages of *Secrets Girls Keep*, self help lines, websites, etc. *Secrets Girls Keep* will help you open up to your friends and family and is an overall great and informative read. Realistic, honest, and truly helpful, I recommend picking up *Secrets Girls Keep* if you are a parent of a teenager or a teenager yourself.

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