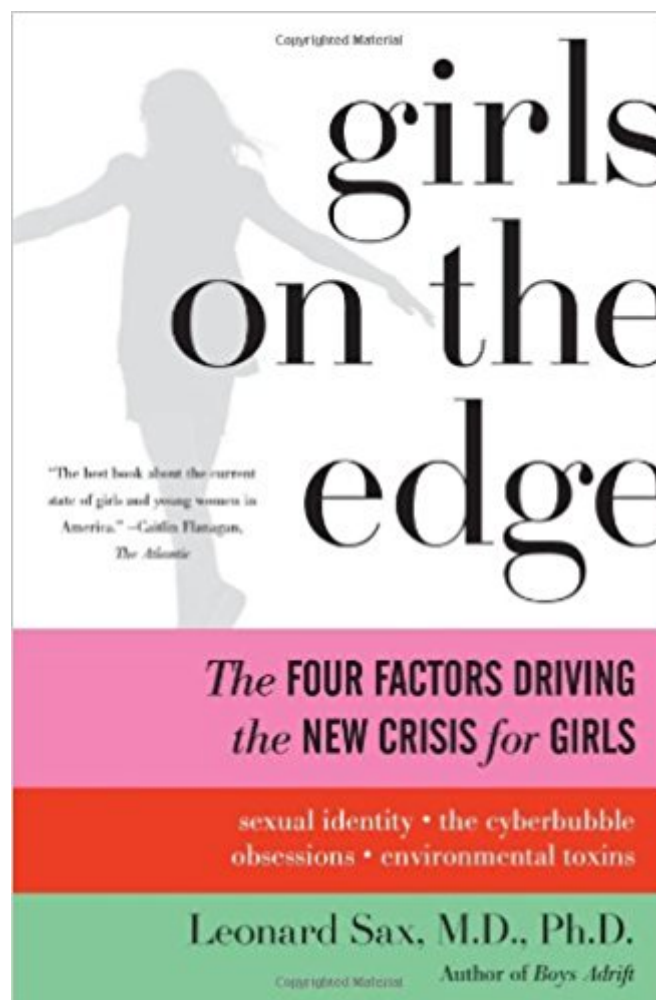


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# Girls On The Edge: The Four Factors Driving The New Crisis For Girls--Sexual Identity, The Cyberbubble, Obsessions, Environmental Toxins





## Synopsis

Young women are at risk today. In *Girls on the Edge*, Dr. Leonard Sax shares stories of girls who look confident and strong on the outside but are fragile within. He shows why a growing proportion of teen and tween girls are confused about their sexual identity and obsessed with grades or Facebook. Sax provides parents with tools to help girls become confident women, along with practical tips on helping your daughter choose a sport, nurturing her spirit through female-centered activities, and more.

## Book Information

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## Customer Reviews

In *Boys Adrift* (2007), Sax, a family physician and psychologist with more than 20 years of experience, explored the disturbing trend of young men who are disengaged from their lives. In this companion volume, he turns to the other half of the population and identifies four factors that are threatening the mental and physical health of young women today: a culture that sexualizes young girls; the “cyberbubble” of social networking and electronic communication; obsessive behaviors, including eating disorders; and environmental toxins that disrupt the endocrine system and lead to early-onset puberty. In clear, accessible language, Sax deftly blends anecdotes, clinical research, and even lines of poetry in persuasive, often fascinating chapters that speak straight to parents; in the book’s second half, he offers practical ideas for nurturing girls’ minds, bodies, and spirits, from advocating for girls’ athletics programs to making room for prayer in secular households. Warning that “a 1980s solution”

won't help solve twenty-first-century problems, Sax offers a holistic, sobering call to help the current generation of young women develop the support and sense of self that will allow them to grow into resilient adults. And, finally, he counsels parents to be persistent: "Don't back away even when she tells you to get lost." Pair this eye-opening title with similar resources listed in the adjacent Read-alikes column, "Girl Talk, Part 2." --Gillian Engberg --This text refers to the Audio CD edition.

"The best book about the current state of girls and young women in America . . . offers astonishing and troubling new insight . . ." -- The Atlantic magazine

Leonard Sax is an excellent researcher and scientist/doctor who has captured clearly the problems faced by young girls in our overly permissive society that can "drive them off the rails". This book needs to be read by most current or future parents of daughters who want their girls to grow up healthy and happy.

WoW! I haven't earmarked so many pages in a book before. Dr. Sax gives so really practical information and some great ideas to consider. If you have a daughter I would HIGHLY recommend this book. It gives some true insight into how girls are raised in our society these days. If I had a boy, I would buy his other book as well.

I'm a first time mom trying to raise a little girl with high self esteem and a sense of self in this crazy internet bullying, over scheduled world that has been created for children. Dr. Sax gives a lot of good insight on things to look out for and antidotal stories about kids with these problems.

What I like about his books, not only does he give you the information that your obviously looking for by buying this book, but he gives you tons and tons of research that backs everything up. You get examples of real people that relate to today's world. Very good. I've read 2 of his books.

The book was in excellent condition and contained information vitally important for people raising and working with girls.

I had to read this for one of my classes while working toward my masters degree. I thought this was a great book with eye opening insight. Great read for anyone with a school system, with daughters,

etc etc.

I think every mother should read this regardless of whether they have daughters or not. It offers insight into living as a girl or woman in this day and age. I particularly like that it is research based.

Fantastic read on many different aspects in society as they relate to our girls.

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