

Self Esteem For Girls 100 Tips For Raising Happy And Confident Children

«Cada vez que una mujer se atreve a contar su verdadera historia y a mostrar en carne viva sus heridas permite que otras cicatricen las suyas. Estoy segura de que este libro sanará muchas heridas. Y que las vidas de muchas tendrán un final feliz tras leerlo. ¡Gracias, Rosie!» — Luz María Doria, autora de La mujer de mis sueños y Tu momento estelar
La vida de Rosie Mercado ha sido todo menos fácil: ¿cómo es posible que haya tenido tres relaciones fallidas y dado a luz a tres hijos a solas? ¿Qué había hecho ella para merecerlo? En su peor momento, llegó a pesar más de ciento ochenta kilos tras toda una vida con baja autoestima y de comer emocionalmente. Pero Rosie decidió cambiarlo por completo y dejar de ser la víctima. Ideó un plan, aceptó sus «defectos», y descubrió el tipo de amor más importante y esencial: el amor propio. Estas revelaciones no sólo la llevaron a alcanzar sus sueños como maquillista, empresaria, modelo de talla grande y presentadora de televisión, sino a mejorar su calidad de vida por ella y sus hijos. La latina con baja autoestima son las protagonistas de un reality show norteamericana de talla grande que se dejó finalmente guiar por su intuición, fe y ambición. Rosie nos cuenta los jugosos detalles de cómo llegó a convertirse en la superestrella y life coach que es hoy, regalándonos importantes y poderosos consejos de vida en el camino. ROSIE MERCADO es modelo mexicanoamericana y una de Las 25 mujeres más poderosas del 2019 de People en Español. Además de haber participado como copresentadora del programa Face The Truth, producido por el célebre Dr. Phil, es una life coach cuyo propósito es inspirar, motivar y abogar por el amor propio y la aceptación corporal tras sus propias vivencias como empresaria y modelo de talla grande. Rosie ha abierto camino a las latinas de talla grande en la televisión hispana como presentadora ocasional para Telemundo y Univisión. Vive en Los Angeles con su esposo y sus cuatro hermosos hijos.

Mainstream society has often had a deeply rooted fear of intelligent women. Why do brilliant women make society ill at ease? Focusing on the US, Sherrie Inness and contributors explore this question in the context of the last two decades, arguing that more intelligent women are appearing in popular culture than ever before.

Examines how Black girls and women negotiate and resist dominant stereotypes in the context of an Afrocentric youth organization for at-risk girls in the Bay Area. Best-selling parenting guru Michele Borba, the mother of three, has surveyed 5,000 mothers for their experience and wisdom in raising happier, more confident kids by returning to a more natural, authentic kind of mothering. She shares 12 top secrets of successful moms culled from her research and shows how to apply them to your family. You'll learn how to... Apply the 12 essential principles that child experts and 5,000 parents say matter most in good mothering Raise children with confidence, resilience, and character Create a customized mothering plan and use it so it leads to success with your child Cut the guilt and reduce the stress by sticking to what really counts in parenting good kids today Discover simple ways to make big differences in your family's life

Boys, Bullies & Body Image

100 Tips For Parents And Teachers

Happy Children Through Positive Parenting

Health Issues Throughout the Lifespan

The Development of Personality, Self, and Ego in Adolescence

A Memoir

100 Days Gratitude Notebook, a Journal to Educate Children to Practice Gratitude and Mindfulness

Confidence is like a magnet that attracts people to you and helps you get closer to reaching your goals. When you believe in yourself, you send the message that you have the brains, ability, and talent to handle whatever life sends your way. And the truth is, you do! Using powerful skills based in cognitive behavioral therapy (CBT), Think Confident, Be Confident for Teens shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound. The fun exercises and tips in this confidence-coaching workbook will guide you past feelings of self-doubt and encourage you to believe in yourself, strengthen your friendships, and meet every challenge head-on. • Recognize and overcome the self-doubting thoughts that bring you down • Grow your confident thoughts into confident actions • Enjoy a full social life and attract new friends • Feel smarter at school and build on your extracurricular talents This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

The Newly Qualified Teacher's Handbook is an essential companion for all new teachers. Practical, comprehensive and lively, this invaluable guide covers all aspects of your first crucial months and years, and will set your teaching career off on the right track. This updated and expanded second edition is the first book to draw on the new Induction Regulations for NQTs for September 2008 onwards. It gives tried and tested advice on everything you need to know, from induction to inspection, from getting your first job to continuing development. New features include a revised first chapter covering key areas of concern for trainees and NQTs, the updated statement of professional values and a comprehensive appendix detailing the code of conduct for teachers and further reading and references. Areas covered include: finding jobs and coping with them the interview process easing stresses and difficulties staffroom politics and etiquette what makes lessons effective the latest legislative requirements professional development and looking after the future. The Newly Qualified Teacher's Handbook is an indispensable survival guide for all NQTs and trainees who want to sail swiftly and successfully through the first years of their teaching career.

From the 2011 National Ritter Book Award from the National Communication Association as an omnipresent figure of the media landscape, girls are spectacles. They are ubiquitous visual objects on display at which we are incessantly invited to look. Investigating our cultural obsession with both everyday and high-profile celebrity girls, Sarah Projanskyuses a queer, anti-racist feminist approach to explore the diversity of girlhoods in contemporary popular culture. The book addresses two key themes: simultaneous adoration and disdain for girls and the pervasiveness of whiteness and heteronormativity. While acknowledging this context, Projansky pushes past the dichotomy of the “can-do” girl who has the world at her feet and the troubled girl who needs protection and regulation to focus on the variety of alternative figures who appear in media culture, including queer girls, girls of color, feminist girls, active girls, and sexual girls, all of whom are present if we choose to look for them. Drawing on examples across film, television, mass-market magazines and newspapers, live sports TV, and the Internet, Projansky combines empirical analysis with careful, creative, feminist analysis intent on centering alternative girls. She undermines the pervasive “moral panic” argument that blames media itself for putting girls at risk by engaging multiple methodologies, including, for example, an ethnographic study of young girls who themselves critique media. Arguing that feminist media studies needs to understand the spectacularization of girlhood more fully, she places active, alternative girlhoods right in the heart of popular media culture.

"Strong Black Girls lays bare the harm Black women and girls are expected to overcome in order to receive an education in America. It captures the routinely muffled voices and experiences of these students through storytelling, essays, letters, and poetry. The authors make clear that the strength of Black women and girls should not merely be defined as the ability to survive racism, abuse, and violence. Readers will also see resistance and resilience emerge through the central themes that shape these reflective, coming-of-age narratives. Each chapter is punctuated by discussion questions that extend the conversation around the everyday realities of navigating K-12 schools, such as sexuality, intergenerational influence, self-love, anger, leadership, aesthetic trauma (hair and body image), erasure, rejection, and unfiltered Black girlhood. Strong Black Girls is essential reading for everyone tasked with teaching, mentoring, programming, and policymaking for Black females in all public institutions. Book Features: JA spotlight on the invisible barriers impacting Black girls' educational trajectories. JA survey of the intersectional notions of strength and Black femininity within the context of K-12 schooling.]Narrative therapy through unpacking system stories of oppression and triumph.]Insights for building skills and tools to make substantial and lasting change in schools"--

Primary Child and Adolescent Mental Health

Applied And Community Psychology (2 Vol. Set)

The Adolescent Girl in Conflict

Risk and Harm in Youth Sexting

100 Positive Affirmation+20 Mandalas to Colour, Boost Your Self-Esteem Feel Energetic, Positive and Happy with This Extraordinary Notebook. Make Your Life a Pleasant Journey While Having Fun

A Practical Guide

Young People's Perspectives

100 positive affirmation+20 mandalas to colour, boost your self-esteem feel energetic, positive and happy with this extraordinary notebook. make your life a pleasant journey while having fun

Rewritten with the new primary care environment in mind, this greatly expanded and updated edition of Child Mental Health in Primary Care extends the structured approach of the first edition to adolescent mental health. As in the first edition, Primary Child and Adolescent Mental Health covers each problem in a uniform way, offering definitions, assessment outlines, detailed management options and indications for referral. Numerous case examples further illuminate aspects of many conditions. Comprehensive and practical, the forty-eight chapters of Primary Child and Adolescent Mental Health cover the full range of difficulties and disabilities affecting the mental health of children and young people. The book is divided into three volumes, and can either be read from cover to cover or used as a resource to be consulted for guidance on specific problems. This book is vital for all healthcare professionals including general practitioners, health visitors and other staff working in primary care to assess, manage and refer children and adolescents with mental health problems. School medical officers, social workers and educational psychologists, many of whom are in the front line of mental health provision for children and young people, will also find it extremely useful. Reviews of the first edition: 'This very comprehensive and detailed book provides the tools for primary care health professionals not only to assess a child's needs but in many cases also to implement an initial package of care.' JUST FOR NURSES 'I have no reservation in recommending the book to all people working with children and families in any capacity. An important training text for a variety of professions. A very effective text to be used in daily practice for quick reference.' CHILD AND ADOLESCENT MENTAL HEALTH 'This book is well produced and clearly written. A useful book for anyone interested or involved with children.' FAMILY PRACTICE 'I looked through the book again and again but could not find anything missing.' NURSING TIMES

Katie is dying to fit in. Literally. She's a bulimic high school freshman who drinks and hangs out with the mean girls. Maybe you know someone like her? Or there's Cindy, a high school junior who acts like everything is always OK. She plays three sports, earns straight A's, and parties on the weekends, but also she struggles with depression, perfectionism, and addiction. Girl Talk: Boys, Bullies and Body Image is a book about teens designed specifically for a teen audience. It's a compilation of 10 teen girls' powerful and all-too-familiar stories. Dr. Carol also examines each girl's situation and provides practical advice on how all teens can take control of their life and RAISE (Resilience, Attitude, Independence, Self-Respect and Empowerment) their self-esteem.

Girls need ample, loving demonstrations from adults close to them that they are appreciated and can be trusted to know what they need for themselves. They also need to be given plenty of opportunity to develop their talents. Girls who lack sufficient emotional support may feel neglected and unworthy of attention, and easily find themselves at greater risk of exploitation and abuse, even as adults. Raising Confident Girls provides parents and teachers with the best hands-on, practical advice available for nurturing girls in a changing and challenging social environment.

The International Journal of Indian Psychology, Volume 3, Issue 4, No. 60

Mermaid Gratitude Journal for Girls

The Confidence Code for Girls

Girl Talk

Geek Chic

12 Simple Secrets Real Moms Know

Schooled on Fat

This invaluable guide is designed to help parents and counselors build self-esteem in children from infancy through adolescence, fortifying them with a healthy sense of self-esteem for the rest of their lives. Whereas some professionals are content to teach parents about building only outer self-esteem, as in parents unconditionally praising the children, Dr. Owens believes it is also essential to bolster a child's inner self-esteem. This way a child feels good from within, knows objectively that he's doing a good job, and is not solely dependent on the praise of others. While Dr. Owens believes strongly that parents must give children unconditional love, she is well aware that the world can be a harsh and difficult place. Therefore, she shows that the best gift a parent can give one's children is the tools to acquire the skills and behavior that will enable them to feel good about themselves - from within. This unique book imparts vital information on how parents can instill a sense of pride in their child each step of the way as the child's mind grows in perception and logic. Dr. Owens explains what behavior to expect from children at each developmental stage. She also supplies ample questionnaires so parents can determine the state of their children's sense of self-esteem. Most important, she wisely recognizes the needs of special groups of children. She thus offers specific advice for boosting the self-esteem of children who are shy, aggressive, unpopular, learning disabled, or gifted, as well as adopted children, only children, and children of working mothers, divorced parents, step-families, single parents, and same-sex parents.

The abstracts of the XXX International Congress of Psychology (July 2012, Cape Town) are published as a supplement to Volume 47 of the International Journal of Psychology. The published volume includes the abstracts of the invited addresses, symposia, oral and poster presentations, numbering over 5,000 separate contributions and creating an invaluable overview of the discipline of psychological science around the world today.

New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of The Confidence Code gives girls the essential yet elusive code to becoming bold, brave, and fearless. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, The Confidence Code for Girls teaches girls to embrace risk, deal with failure, and be their most authentic selves. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katy Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Plus don't miss Living the Confidence Code! Packed with photos, graphic novel strips, and engaging interviews, Living the Confidence Code proves that no matter who you are or how old you are, nothing is out of reach when you decide to try.

Happy Children Through Positive Parenting is a parenting book with a difference. It does not tell parents how and when to potty train or when to introduce children to solid food. Instead it argues what really matters is helping children to grow up feeling secure and good about themselves, enabling them to gain positive self-esteem. Knowing and liking yourself is so often the key to success in life - affecting personal relationships, general motivation and success in work. Using key words such as 'praise', 'play', 'time', 'touch' and 'talk' Elizabeth Hartley-Brewer speaks to new and experienced parents alike about what helps children to develop and what blocks progress. No matter how difficult parenting may have seemed in the past, this book offers a clear and simple way forward in the most influential relationship of all - that between parent and child.

The Girl with the Self-Esteem Issues

Smart Women in Popular Culture

Understanding Physical Changes

Cultivating Strong Girls: Library Programming That Builds Self-Esteem and Challenges Inequality

Adolescents

XXX International Congress of Psychology: Abstracts

Abstract: This indepth 3-year study of delinquents girls attempted to delineate what factors brought young girls into conflict with society and what elements in the maturing process made them vulnerable during their adolescent years. Interviews were conducted with girls whose behavioral problems had brought them to the reformatory and the delinquency institution.

Girl in the Mirror features fictional narratives paired with firsthand advice from a licensed psychologist to help preteen and teen girls feel comfortable with their changing bodies and know that they are not alone. Situations include developing early or late, dealing with acne, and struggling with eating disorders. Readers will learn positive coping skills while building self-esteem. Throughout the book, Talk About It questions encourage discussion. Additional resources, a glossary, and an index are also included. **Girl in the Mirror will leave readers feeling confident about what they've got.**

An essential "how-to" book for youth services librarians who are interested in effecting social change and offering a dynamic, relevant program for girls. • Presents complete, low-cost program instructions and recommended resources for librarians who want to offer relevant and dynamic programming for girls • Suggests extension activities, including peer mentoring and community service opportunities for girls who complete the program • Addresses programming concerns and potential pain points • Encourages librarians

to develop meaningful and lasting relationships with patrons

How girls build a practice of self-love and grow into strong young women Guided journaling can help teen girls boost their self-esteem and face everyday challenges with confidence. The Self-Love Journal for Teen Girls is filled with positive affirmations and reflective prompts that encourage girls to express themselves, better understand their emotions, and celebrate everything that makes them unique. This journal for girls includes: 4 areas of self-love–Support teen girls in every aspect of life with affirmations and prompts divided into four key pillars of self-love: self-awareness, self-worth, self-respect, and self-care. Creative activities–Girls will put what they learn into practice through thought-provoking exercises like writing a love letter to themselves, creating a gratitude jar, and drawing the things that make them happy. Uplifting quotes–Words of wisdom from strong female role models are sprinkled throughout the book to offer teen girls even more guidance for their self-love journey. Inspire the young woman in your life to build a daily practice of self-love with this empowering choice in teen journals for girls.

Applied Social Research: A Tool for the Human Services

Strong Black Girls

Realist Evaluation in Practice

The Female Guide To

Taking Risks, Messing Up, & Becoming Your Amazingly Imperfect, Totally Powerful Self

The Newly Qualified Teacher's Handbook

Girl in the Mirror: Understanding Physical Changes

First published in 1999, Routledge is an imprint of Taylor & Francis, an informa company.

This gives me an immense pleasure to announce that ' RED ' SHINE Publication, Inc ' is coming out with its third volume of peer reviewed, international journal named as ' The International Journal of Indian Psychology. IJIP Journal of Studies ' is a humble effort to come out with an affordable option of a low cost publication journal and high quality of publication services, at no profit no loss basis, with the objective of helping young, genius, scholars and seasoned academicians to show their psychological research works to the world at large and also to fulfill their academic aspirations.

This book investigates the growing and ever-changing health issues for girls and women who lead an active lifestyle and participate in sports and exercise. Easy to read, the volume provides an educational foundation for understanding how disordered eating, amenorrhea, and osteoporosis can be interrelated while also looking at image disorders and reproductive health. It contains thorough analysis of common prevention and management techniques, and provides useful links to resources on the internet for additional screening tools.

It contextualises the findings in terms of the wider literature on youth sexting and the broader theoretical and conceptual debates about the phenomenon in public and academic spheres.

Notebook You Can Change the World Girl

Raising Your Child's Inner Self-esteem

The Impact of Pubertal Change and School Context

Coming of Age in Girl Power Media Culture

The Negotiation of Power and Identity within the Girls Empowerment Project

Prompts and Practices to Inspire Confidence and Celebrate You

Social Welfare

Raising Confident Girls100 Tips For Parents And TeachersDa Capo Press

How do the Reader's Lives and Lessons Choice Best Non-fiction Book of the Year, Specialty Awards, Schooled on Fat explores how body image, social status, fat stigma and teasing, food consumption behaviors, and exercise practices intersect in the daily lives of adolescent girls and boys. Based on nine months of fieldwork at a high school located near Tucson, Arizona, the book draws on social, linguistic, and theoretical contexts to illustrate how teens navigate the fraught realities of body image within a high school culture that reinforced widespread beliefs about body size as a matter of personal responsibility while offering limited opportunity to exercise and an abundance of fattening junk foods. Taylor also traces policy efforts to illustrate where we are as a nation in addressing childhood obesity and offers practical strategies schools and parents can use to promote teen wellness. This book is ideal for courses on the body, fat studies, gender studies, language and culture, school culture and policy, public ethnography, deviance, and youth culture.

There have been a countless new developments in the field of education. It is a fact that in recent years Education has emerged as a professional subject knowledge of which is essential for an effective instruction. The utility of the book is further enhanced by the provision of summary and references and appendices. Not only this the logistic and lucid presentation of the book will foster critical thinking and creative imagination in dealing with the students. It is hoped that this book will enable the teachers to perceive classroom situations with a deeper insight and also increase his/her professional competence. They can focus on the shortcomings of the students so that they can be tackled well in time and can groom and excel in all fields of life.

Mermaid Gratitude journal allows your children to: Improve handwriting Identify emotions improve written communication. Increases positivity increase happiness and self-esteem

Reclaiming Schools in Their Own Image

Moving into Adolescence

Media Fascination and Celebrity Culture

Spectacular Girls

What Teens Tell Us About Gender, Body Image, and Obesity

Understanding the New American Girl and How She Is Changing the World

Self - Concept, Learning Styles, Study Habits and Academic Achievement of Adolescents in Kashmir: A Study on Psychological Variables and Academic Achievement of Adolescents in Kashmir

From the sociological point of view, adolescence traditionally has been described as a period of physical maturity and social immaturity. Adolescents reach physical adulthood before they are capable of functioning well in adult social roles. The disjunction between physical capabilities and socially allowed independence and power and the concurrent status ambiguities are viewed as stressful for the adolescent in modern Western society. It has been assumed that the need to disengage from parents during these years will result in high levels of rebellion and parent-child conflict. Moving into Adolescence follows students as they make a major life course transition from childhood into early adolescence.Substantial controversy has been generated within the behavioral sciences concerning the difficulty of adolescence as a transitional period. On the one hand, there are those who characterize the period as an exceptionally and necessarily stressful time in the life course. On the other hand, many investigators treat this view of adolescence as their straw man. To them, the supposed tumult of adolescence is just that--supposed and mythical. The purpose of this book is to study the transition from childhood into early and middle adolescence in order to investigate change along a wide variety of psychosocial dimensions with a particular focus on the self-image.The authors investigate the impact of timing of pubertal change and also the movement from an intimate, elementary school context into a large-scale secondary school environment. The first major movement into a large-scale organizational context may cause difficulty for the child, as may the dramatic changes of puberty. In addition, gender differences and changes in gender differences are studied. Both short- and long-term consequences of transition are examined focusing on is the role of pubertal change and school transition.

This book deals with ways of helping families cope with the difficulty of rais ing adolescents. Professional social workers - along with other human ser vice professionals - encounter these families in numerous settings: child welfare and family service agencies, hospitals, schools, community mental health clinics, residential treatment centers, juvenile halls and detention centers, recreational and vocational training organizations, and many others. While families from all walks of life may be found in these settings, families who have suffered the additional stresses of poverty, discrimination, and the consequences of physical and mental illness are commonly overrepresented. Even under the best of circumstances, the adolescent years often put the strongest family structures to the test - sometimes to the breaking point. A recent national study of over one thousand average, middle-income, two parent families reviewed the strengths, stresses, and satisfactions of the family life cycle (Olson and McCubbin 1983). As many would expect, families with adolescents were found to experience more stress and lower levels of family adaptability, cohesion, and marital and family satisfaction than any other developmental stage. The families with adolescents who fared best were those with such marital resources as good communication and conflict resolution skills, satisfying sexual relations, and good parent-adolescent communication.

Over 5,000 high school students of different social, religious, and national backgrounds were studied to show the effects of family experience, neighborhoods, minority groups, etc. on their self-image and response to society. Originally published in 1965, The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

Drawing on extensive research with a diverse group of seventy teen girls, Zaslow offers a critical account of the girl power moment in which feminism and femininity are shrink-wrapped together in one market-friendly package. With a focus on pop-music and television, Zaslow skillfully explores the negotiative processes of teen girls as they make sense of girl power's new cultural narratives of femininity as well as its failure to offer strategies for real social change. Written in highly accessible language, this book charts new territory as it offers a rich account of the ways in which teen girls understand style, sexuality, motherhood, and feminism in girl power media culture, and how their desires, social experiences, and imaginings of the future are shaped in their relationship with a neoliberal girl power discourse.

THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 4

A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem

Self-Love Journal for Teen Girls

The International Journal of Indian Psychology, Volume 4, Issue 2, No. 94

Raising Confident Girls

Think Confident, Be Confident for Teens

Women's Language, Socialization and Self-Image

This title outlines the new, emerging realist paradigm in evaluation research & applies it to practice in human services. The author contributes to the development of this paradigm in practice & provides examples of realist evaluations.

The co-author of the best-selling Raising Cain profiles today's girls as more independent, self-confident, and motivated than those of previous generations, sharing new research, profiles, and case studies that discuss the characteristics and potential of the modern "alpha girl." Reprint.

Most women never really get to experience their full range of potential. Much of that is due to the toxic relationships we have with the male species and with ourselves. This book is the beginning of "shifting the perspective." Together we will embark on a 100 day journey that will challenge you to love yourself again and channel your "positive energy flow." Focusing on completely transforming your mind, body and spirit!

Presenting social science research methods within the context of human service practice, APPLIED SOCIAL RESEARCH is the ideal text for courses focused on applied research in human services, counseling, social work, sociology, criminal justice, and community planning. With in-depth coverage of all the topics taught in traditional social science research methods courses, APPLIED SOCIAL RESEARCH brings the subject to life by showing how research is increasingly used in practice today. In addition, this fully updated edition includes a thought-provoking Eye on Ethics feature and new and revised Research in Practice vignettes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Active Female

Society and the Adolescent Self-Image

Theoretical and Helping Perspectives

Self-Love & Body Positivity : 100 Daily Affirmations-Love, Confidence, Self-esteem

Health and Social Work

Feminism, Inc.

Alpha Girls