

# Presenting...

## Girls Without Limits

Helping Girls Succeed in Relationships, Academics, Careers, and Life

SECOND EDITION

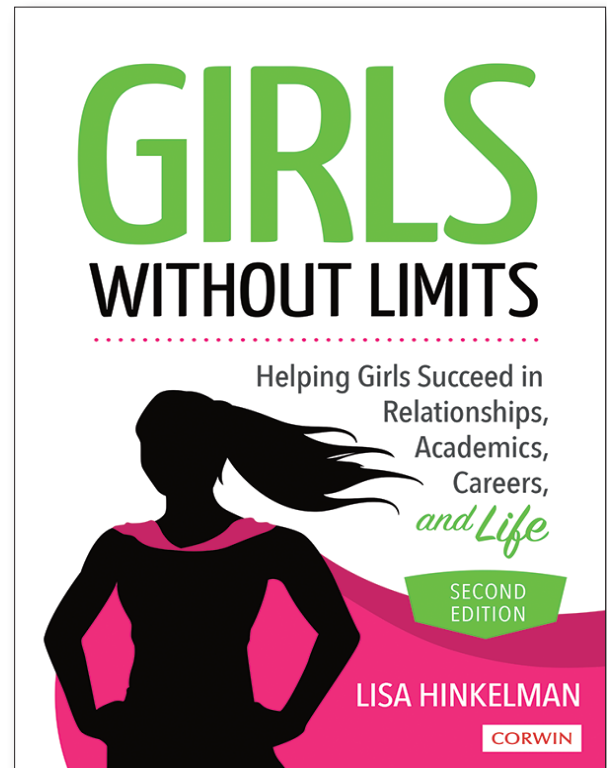
Lisa Hinkelman

In a world that is changing rapidly, it can be difficult to know how to foster effective communication and provide authentic support for the girls that we teach, parent, mentor, and coach.

The newly updated edition of *Girls Without Limits* offers relevant insights and concrete strategies that will help you:

- Understand the unique challenges girls face, including relationship troubles, social and academic pressures, disrespect and harassment, body image, academic and career choices, and becoming leaders
- Teach girls the skills they need to safely and confidently navigate social media and other evolving technologies

Combining relevant research, findings from a large-scale national survey of more than 10,000 girls, and the voices and experiences of today's adolescents, *Girls Without Limits* equips educators, parents, school counselors, mentors, and coaches with the skills and strategies they need to build solid relationships, handle difficult conversations, and cultivate a generation of girls who are strong, capable, confident, and successful.



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