



# **9 Ways We're Screwing Up Our Girls and How We Can Stop: A Guide to Helping Girls Reach Their Highest Potential**

*Anea Bogue*

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By the ripe old age of 9, the average girl will feel as good as she's ever going to feel about herself. After that, her self-esteem begins a nosedive, from which she may never fully recover. Why does her self-esteem follow this disheartening trajectory? Why are so many girls and women plagued by feelings of self-doubt? Whether we're aware of it or not, we live in a culture that still values, trusts, and empowers males over females. Every day, we perpetuate messages of female inferiority that impact a girl's sense of value and her ability to thrive. This makes her susceptible to bullying, depression, eating disorders, risky sexual behavior, and simply feeling 'not good enough.' 9 WAYS is a revolutionary guide for parents, and anyone who cares about the well-being of girls. It uncovers the root causes of the self-esteem crisis, the ways we are unknowingly contributing to it, and what we can do to ensure that every girl (and future woman) is empowered to reach her full potential.

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