



# Fearless & Feminine, Raising Confident Daughters

*Laurie W.J.N.*

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**Fearless & Feminine, Raising Confident Daughters** Laurie W.J.N.

This book delivers a successful and practical approach to raising strong, confident daughters, helping them become the amazing women they were meant to be. As a recreational therapist and professional educator, the author blends her personal and professional experience to guide parents and other caregivers of girls, providing them the tools to help their daughters embrace being both Fearless & Feminine.

## Fearless & Feminine, Raising Confident Daughters Details

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Author : Laurie W.J.N.

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### Paige says

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Obviously, this is the first book that I have reviewed of this Nature. I wasn't disappointed. I am not saying that this book should be the end all be all to solving issues on raising daughter- instead, it shines light on many important challenges facing young girls today.

This author does a wonderful job of incorporating her own personal stories with data and suggestions.

Although I may not agree with all of the methods/suggestions she used, I accepted and understood her choices. This book was highly informational and a quick read! I think it is ALWAYS useful to hear about someone else's ideas about parenting because, as the author believes and I highly support:

It takes a village to raise a baby.

All in all, Laurie raises important questions, practical solutions, and unique suggestions to raising more confident daughters.

I recommend to anyone who is looking to widen their personal views about raising daughters :)

Available on Amazon on August 15, 2014

Until Next Time,

Paige

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### Natasha House says

For such a little book this one has great punch to it! If you need great advice about how to raise your girls into strong, confident women, this book will hand it out to you! I was reading it, and already was thinking about recommending it to my sister to read. I love how the author talks about giving your kids choices, and how to balance things with them. I plan on re-reading this again sometime, especially when I have girls of my own. Not focusing on beauty is so important for young girls, so that they develop a strong confidence for who they are, not what they look like.

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### Laurie says

This book is full of practical and relevant advice for raising confident daughters. The author shares her knowledge and experience and not only explains how to raise a more confident daughter, but she explains

the rationale. This book is a helpful tool for anyone raising girls today.

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### **Chiara Peveri says**

Nothing relevant or somehow new.

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### **Erica says**

I liked this book it was a super quick read. Good to read on points where I felt like I was doing a good job and ones where I could improve. I loved and agreed on most parts with the eating behaviors and weight issues girls deal with since I work with a lot of eating disorder patients. I believe in Ellyn Satter's division of responsibility and allowing sweets and treats without guilt. I also don't believe in owning a scale. Love that advice. I loved the advice on teaching them to serve underprivileged parts of the world and give them a wider perspective on what they DO have when things get hard.

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### **Ryshia Kennie says**

This is a short, easy to read book that addresses the complexities of raising daughters. The author is able to address the issue both from a mother's perspective and from the perspective of someone who has dealt with such serious topics as eating disorders on a professional level. Touching on issues that range from the influence of media and the pressure for girls to be unrealistically beautiful and thin, to academics, athletics, nutrition and more; the author brings a dollop of common-sense to how to teach girls to safely navigate the unique pressures that society puts on them. This book is a guide for parents to eventually give girls the tools to handle situations that may have the potential to injure self-esteem and turn those situations into learning opportunities; eventually raising strong, confident girls who can face up to the stereotypes, challenges and ultimately joy, of growing up female.

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### **Steve says**

Having been a single dad for most of the years my daughter was growing up, it occurs to me that this book could use a little insight from a dad's perspective. Nevertheless, there are links at the end of the book that might help in that regard. Btw, my daughter, despite my shortcomings IS fearless (and fierce) and feminine. She and her husband are raising a wonderful daughter and a wonderful son.

One key thing for me reading this book is realizing both some of what I did right and what I did wrong. But as the author notes near the end, there is no such thing as a perfect parent.

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### **Donna Wiley says**

Great Easy Read!! Finished in one night, didn't want to stop. I could relate to so many of the chapters and love your suggestions and ideas on dealing with body image and healthy choices. Looking forward to

reading the next one Laurie!

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