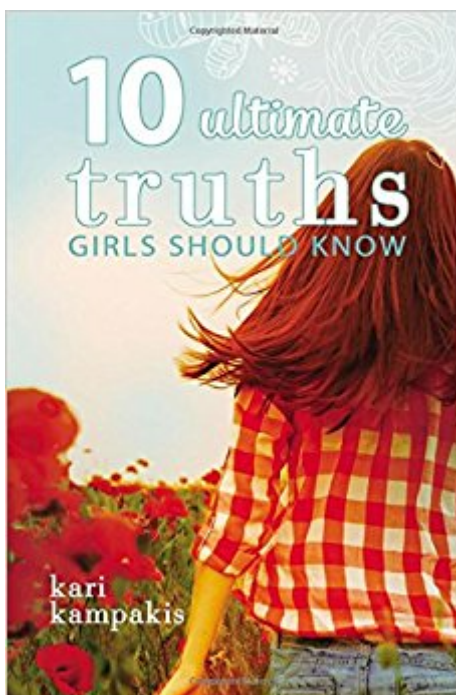


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# 10 Ultimate Truths Girls Should Know



## Synopsis

These 10 simple truths can build one big change in your daughter's life. When Kari Kampakis wrote a blog post titled "10 Truths Young Girls Should Know," the post went viral and was shared 74,000 times on Facebook and pinned 20,000 times on Pinterest. Obviously her message strikes a chord. This nonfiction book for teen & tween girls expands on these 10 truths and can reach the hearts of both mothers and daughters. Teen girls deal daily with cliques, bullying, rejection, and social media fiascos. Kari wants girls to know that they don't have to compromise their integrity or their future to find love, acceptance, and security. Her 10 truths include: Kindness is more important than popularity. People peak at different times of life. Trust God's plan for you. Get comfortable with being uncomfortable. Otherwise, you'll never stick to your guns. Today's choices set the stage for your reputation. You were born to fly. Fans of Kari's blog and newspaper column will not want to miss her first book. Filled with practical advice, loving support, and insightful discussion questions, *10 Ultimate Truths Girls Should Know* is a timely and approachable list of guidelines that will help young girls navigate a broken world and become the young women God made them to be. Trim Size: 5.5 x 8.375

## Book Information

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## Customer Reviews

Gr 7-10 • Aware that adolescence can be an overwhelming time for girls, Kampakis has created a version of the 10 commandments for teens. She lays out her ultimate truths ("Kindness is more important than popularity

"A smart and solidly written guide to life as seen through stained-glass windows." - Kirkus Reviews  
"Kampakis does not talk down to her audience, making this a highly readable guide, and no doubt the many readers of her blog will be eagerly awaiting this release." - Booklist  
"As the mother of three boys, I'm so thankful for the wisdom packed into this book that I know will greatly benefit my boys. Kari isn't afraid to tackle our kids' toughest challenges, and she does so with extraordinary grace and profound Biblical wisdom. I wish this book had been available when I was young!"  
- Jeannie Cunnion, MSW, author of Parenting the Wholehearted Child  
"Kari delves straight into the mind of today's teen and speaks truth into her soul. The relevant and engaging topics make 10 Ultimate Truths Girls Should Know an ideal choice for small group discussion."  
- Allison Hendrix - writer, The House of Hendrix blog  
"Kari presents for her readers a dynamic and challenging book. God calls each of us to be 'the best version of ourselves.' Kari presents to her readers a road map for that journey, for there can be no authentic spirituality without authentic development. Girls are reminded to see their relationship with God, themselves, and others as integral to their physical and spiritual development."  
- Reverend Robert J. Sullivan, St. Francis Xavier Catholic Church, Birmingham, AL

Kari Kampakis speaks truth the girls (and, in my case, their Mama too) in a honest and gracefully encouraging manner. I wish I had this book at 12, 22 and again at 32. Her writing style is clear, kind and akin to having coffee on the porch with a loving, wise older sister. I am such a fan of this book that I ordered more than a dozen extra copies after reading it--and have already handed them all out. I recommend for girls 11 & up to be read in a small group or with their Moms for wonderful discussion!

This book is a must read. It is perfect for small groups and I do think it would be an amazing book for moms to read with their tween/teenage daughters, such precious time together. Kari speaks truth with experience and research to back it. She incorporates biblical truths that make it a great book to study scripture and its meanings, while also dealing with everyday girl stuff. I love how Kari joins her readers in the process, letting you know you are not alone where you are. I am so thankful for what this book has allowed me to do with some small groups and know I will reference it for years to come for my own children. I think this is a great book for anyone that has any interaction with girls to read, especially Daddy's. Its hard and 10 Ultimate Truths is a great glimpse into some of the common things our girls will go through and for women its a great reminder of where we've been. I have so many favorite parts of the book, I tried to think of my most favorite and three more popped

out at me. Read it, you will love it.

This book was outstanding! I gave it to my admittedly mature-for-her-age 11-year-old for her birthday. She blew through it in four days. She thoroughly enjoyed the book and as I pressed her for the things that stood out to her, I realized she was getting from the text exactly the things I hoped to hear her say about not bowing to peer pressure, about being kind to other girls, about only having one chance to make a first impression, about how to present herself around and interact with boys. These are things we're teaching her as her parents, but it's great to have another voice echo ours to reinforce what we're saying. I read it along with her on my Kindle so I had context for what she was telling me and the subsequent conversations were so precious. It was a great resource with which we were able to engage these issues together and start building the foundation for when the teenage years begin in earnest.

GREAT BOOK! My 11 year old daughter said it gave her new perspective on a lot of things she hadn't thought of. I think it's something so important that I'm going to use it to lead a "home group" for my church and read it as a group for 12 year old girls.

The book contains thought-provoking questions, which are a great opportunity to talk with your kids and turn it into a teachable moment. It would be great for a Girl Scout troop or small group discussion in Sunday School. The 10 areas are popularity, confidence, reputation, interacting with boys, self-worship, perseverance, patience, image, inner beauty, and self-talk. It's written in a friendly, conversational style (not dissimilar from Beth Moore's style) and has discussion questions, relevant scripture, and fun quizzes to see where the teens are in terms of responding in a healthy way to some situations. I cannot recommend this book enough. The 10 truths are spot on with what we need to ingrain in our girls, even before they are 'tested' in the Junior High and High School years. I received this book free from Thomas Nelson part of the Book Look review bloggers program, for my honest and un-biased opinion.

Simply love this book. My daughter is 11 and just started middle school. Could not think of a better time to read this book to her. Had been looking for a good, catholic/christian book to read with her and it's as if the Holy Spirit introduced this book to me on a TV show I was watching. I highly recommend it. This book does talk about sex, drugs, partying and gives sensitive & age appropriate details and examples. If you are not open and honest with your daughter at this age and have not

talked to her about the Birds and the Bees, then this book is not for you.

10 ULTIMATE TRUTHS is the single most applicable book on the market for moms & daughters today! Kari Kampakis is truly in touch with the current landscape for teenage girls. Her wisdom comes from both first-hand experience and biblical knowledge. I was so encouraged by this book; I invited Kari to come speak at our church. Over 250 moms & daughters attended and the feedback was 100% positive. Teenagers have an intense desire to belong. Their peers will begin to influence your children and this book is a great roadmap full of applicable advice and encouragement for both moms and daughters alike to live for God and not for the approval of the world. (Galatians 1:10) Hearing Kari cover the 10 TRUTHS with my daughters group of friends and their mothers is undoubtedly one of the most beneficial decisions I have ever made as a mother!

I am reading "10 Ultimate Truths Girls should know" with my Jr. High girls youth group at church. I wish so much that there was a book like this one when I was a tween and teen girl!! My 7th/8th grade girls are loving the book and just tonight I received a text from one of the moms after we finished discussing Chapter 2 on "Confidence." She sent this text to me about her daughter.... "Another great night! She talked about it all the way home and we had great discussions!! It helped her feel so much better about being herself and being happy with who she is!" That was confirmation to me that God is doing a great work through Kari's words in the lives of my girls. She does a beautiful job using real life experiences that tween and teen girls face today and gives true, practical advice on how to handle the pressures they deal with on a daily basis. Kari incorporates scripture in every chapter with wonderful discussion questions that have allowed my girls to look deeply into their hearts and reflect on their personal relationships with Jesus Christ. I would recommend this book to everyone!!

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