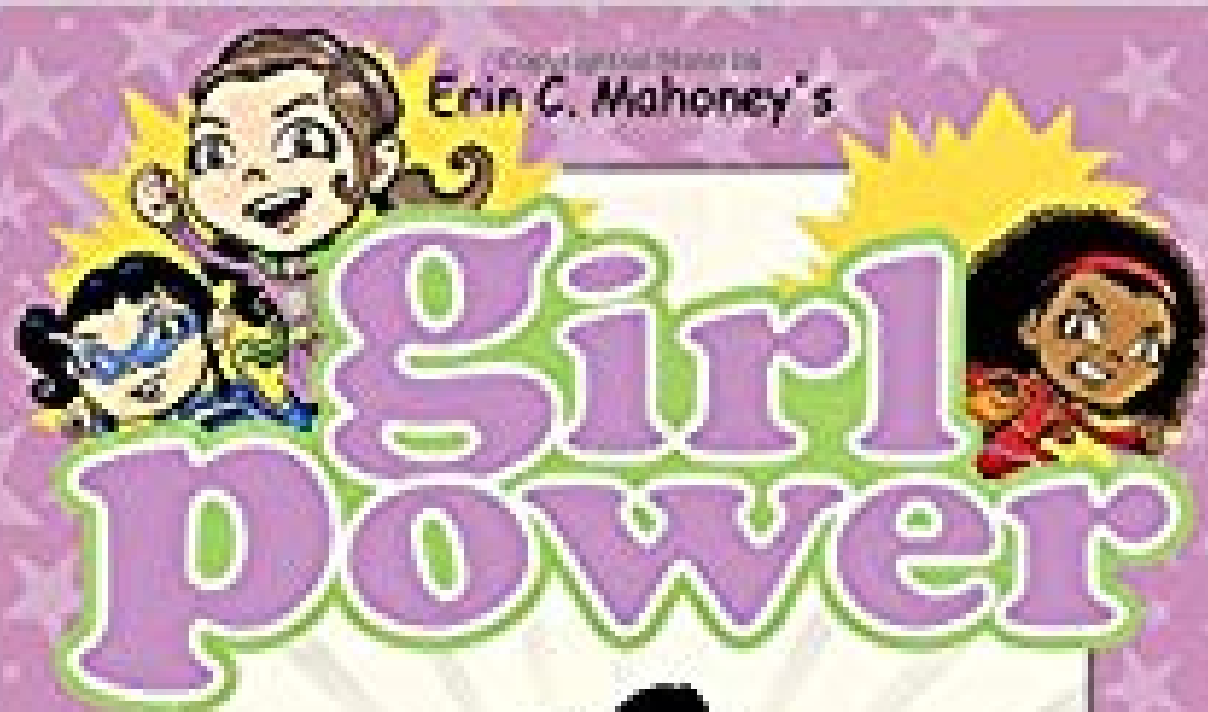


Erin C. Mahoney's



Guidebook

for Parents
and Instructors

The Program, Strategies, and Insights
that Transform and Empower Girls

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Erin C. Mahoney

Girl Power Guidebook: The Program, Strategies, and Insights that Transform and Empower Girls



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by storm!S.THE LADY POWER GUIDEBOOK, together with the Lady Power Journal offer you all you need to provide and get the utmost from the empowerment program for girls between the ages of 8 and 13 taking the U. In this life-changing training course that includes life skills, fitness, positive thinking, creativeness and fun, ladies get worked up about being strong, self-confident, independent and healthful, providing them with the tools they have to make good decisions in our ever demanding society.



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Who doesn't need to feel like that!! Girls shouldn't be quiet!! That is a something you must purchase should you have a daughter, granddaughter, niece, cousin, etc. She can think and be a solid warrior with the various things teens encounter in school, with peers, with family, etc. It has helped her become empowered and to become who she wants to be no matter what others may believe. It's been 5 years and she still remembers the beautiful experiences with Erin and her peers. My child experienced the program when she was 8 yrs . old. She has become a stronger individual due to the "Girl Power" system.knowing you are amazing. The journal is interactive, informative, and fun. Most of all its important for each girl to like and acknowledge themselves for who they are. My daughter still gets the post it note on her bedroom mirror from one of the classes that says "You Look Beautiful!" That is something she views every morning to reminder her that no matter what occurs in existence she is beautiful.. You MUST read this book when you have young girls in your daily life. Erin Mahoney is such a positive, inspiring, motivational push, and her program really empowers all involved! My daughter cherished the book and talked about it for weeks. They are just beginning to navigate friendships so when they do, not really everyone knows "how to be considered a buddy". The Interactive Women Journal, which is sold separately, targets most of the demanding obstacles that girls are facing in our society every day time. These are real lifestyle lessons that girls, women, boys, and men proceed through. She teaches them to end up being strong, be wise, be amazing! This reserve, in my opinion, could be a existence changer for countless young ladies across the globe. Love this book Love this reserve! Although my child is in college now, her and I are going through the Guidebook jointly and so are loving it.understanding you are worthwhile. Messages that ladies and women of most ages can benefit from. Teaching girls to emerge from their comfort zone, love themselves, and accept their differences is so important and will stick with them as they develop. Loving yourself first is something that needs to be taught to ladies and is so vital that you remind ourselves of. This book is crucial for girls of most ages! This book is a game changer! Knowing you are beautiful... I wish there have been a book like this when We was growing up! I am gathering information to use with my 7-8 year old softball team this season. As a school counselor, I am thrilled in order to bring the program to my school.... Be Smart!. The message it brings to girls and women is so uplifting and encouraging.....understanding you are strong! Be Amazing! As a teacher for over twenty years, I have noticed an evergrowing need in the area of emotional intelligence (resiliency, social abilities, self-confidence, etc. Great tools for success for all unlocked in this great book! Thank you Erin for posting your experiences and touching so many lives! You are perfect! I would recommend it highly! Pass on the word! Empowering Girls I may end up being biased but I'm thus pleased with this lady!! AN ABSOLUTE MUST HAVE! Such a solid message for all young ladies.Love,Brian Help your ladies to be their finest!! Erin is one of the many positive, energetic and motivating people I have ever met.! Gal Power can be an AMAZING system because Erin can be an AMAZING leader. Move buy this publication for all the girls in your daily life, help them to end up being the awesome people these were born to be!!)... Oh my goodness this publication is amazing therefore incredible for girls and woman alike Oh my goodness this reserve is amazing and so incredible for girls and woman alike. Erin even shares her known reasons for including each lesson and/or activity, including some of her history and life stories that brought her to the publication. I could pay attention to Erin discuss her journey again and again. She gives parents the various tools to empower their daughters. To open up and have the tools to talk about real life situations and how exactly we feel is essential. Erin Mahoney's prosperity of encounter in the wellness/fitness industry, in

addition to her various other related specializations and experiences significantly donate to her achievement in this life changing empowerment plan for girls.! If we are able to keep having the conversation.....all girls will be empowered everywhere. You move girl!!! I couldn't wait to get this book. A must read!!! This book is a must read for women, girls, really anyone. I've known Erin for 7yrs now and let me tell you, she IS the real thing! It's full of insight and activity ideas.Highly Recommend this book! Power of positivity moves a long way! I am proud and honored in order to call this amazing author and girl my friend!Ed. Great inspiration for early teens! I've seen so many girls struggling with self-confidence issues and body picture concerns. Therefore thankful to have fulfilled you! I'm fortunate to live in a city where the Young lady Power Go classes are offered. Every mom, teacher, woman scout leader, religious educator and guidance counselor should read this and use while dealing with kids! Nurturing and love The hardest part about being a parent is knowing your Child might be struggling with something and you also can't understand it or don't have the tools to greatly help. It is so worthy of the purchase. These books are perfect example of how exactly to just quickly nurture and love your child helping them to nurture and love themselves that is the greatest achievement thank you Erin for these amazing books!! They make great gifts as well . Essential read for pre-teen girls and parents! The Girl Power Guidebook for Parents and Instructors is crucial have for each parent and teacher of elementary aged and pre-teen ladies! As an educator, I recommend this insightful examine, centered on empowering girls in our ever changing and demanding society. The author inspires women to be their best through life abilities, fitness, nutrition, positive considering strategies and creativity, making use of both fun and educational activities. Helping young ladies to be vocal, stick to their dreams, and be who they want to maintain life is portion of the Female Power Go trip. Erin Mahoney addresses each one of these issues and more. It is so very important to girls to feel just like they are unique. Truly a system and journal that ladies and parents can reap the benefits of, while they learn to "Be Solid!. Erin helps everyone, young and previous apply basic ideas in life to find peace and happiness in life!" Kathy McEleney Healey, M. Four Stars Complete program with lots of comprehensive lessons. This book is crucial for everyone who includes a daughter, niece or female students. As an elementary college teacher and mother of two, I highly recommend this book for anybody who works with children or has children of their own. Although the book is intended for women, the lessons, daily practices, and general mindset will advantage all. She is an incredible inspirational woman! I am . This book not only acknowledges that need but provides methods to enhance and develop the complete child; actually, emotionally, and socially. You won't disappoint! It is easy to follow, backed with study, engaging, and fun! I am a Girl Power Instructor and have taught these courses to young girls in my town. She's really in it for all the right reasons! A must have! I absolutely love this book! Inspiring and empowering Love every bit from cover to cover. My 7 year old brought home such empowering information so when I saw there was a book I needed it! I have go through, highlighted, bookmarked, and reread the reserve! In this reserve, she shares strategies and ways to help make you the best you can be and to realize that you are amazing!. This book is crucial for anyone coaching, teaching, parenting, and wanting to empower the girls in our lives. I couldn't wait to understand this book. We're all in this together as parents attempting our hardest. Young girls want positive and motivating influences which reserve provides that. Not merely do I really like the publication but Erin can be an amazing woman. She motivates all that come into to get hold of with her. Her positivity is certainly infectious.



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