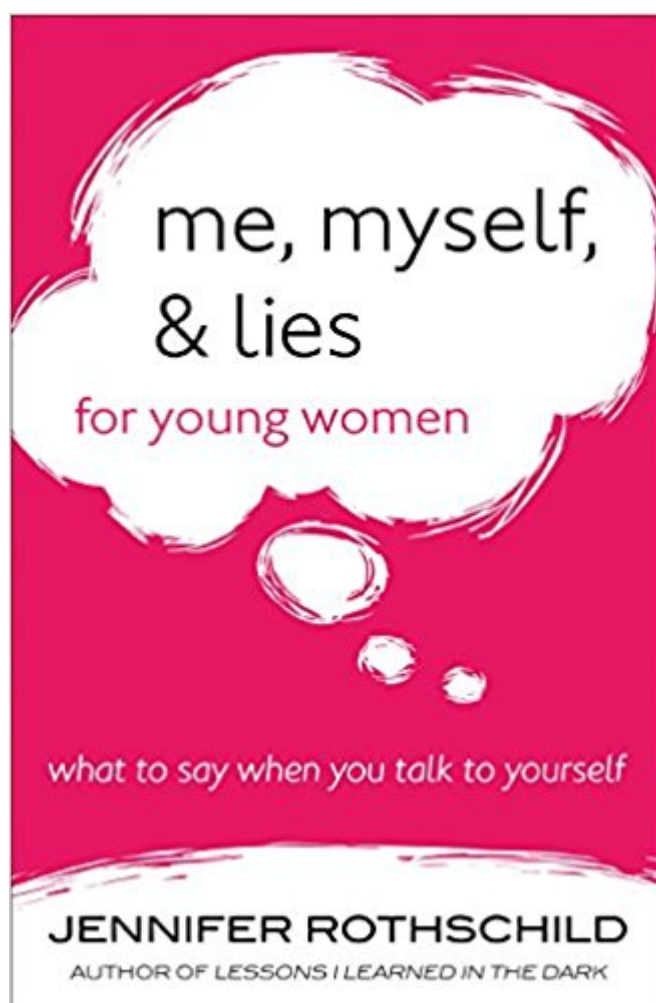


The book was found

# Me, Myself, And Lies For Young Women: What To Say When You Talk To Yourself



## Synopsis

What Do You Say When You Talk to Yourself Do the words you use when you talk to yourself ever sound like this? I'm not pretty enough... If only I was popular... I'll never be good enough... Whether you say it out loud or in your head, words like these will tear you down as a teen girl and make you feel like you don't matter. The truth is, you do matter! And you can learn how to tell yourself the truth with powerful soul talk – telling yourself the words that God Himself would say to you. With authenticity and wit, Jennifer Rothschild will help you live with confidence know what God's Word says about you feel comfortable in your own skin As you replace lies with God's truth, you'll be free to live the beautiful life God has planned for you.

## Book Information

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## Customer Reviews

Jennifer Rothschild has written 14 books, including the bestseller *Lessons I Learned in the Dark*. She's been featured on *Good Morning America* and *Dr. Phil* and is the founder of *Fresh Grounded Faith* events. Jennifer became blind at age 15 and now helps others live beyond limits.

I picked up this book in my attempt to read more diverse books that are outside of my faith, and in some cases also outside of my comfort zone. But what I found instead was a universally gentle book on teaching young teens and women their personal value, no matter what faith. Sure, there was a mentioning of the Bible, and references to the Scriptures, which is what I expected with a title from that genre, but it wasn't pushy and in your face, as some other books with religious undertones I have read in the past. *The Author of Me, Myself And Lies For Young Women*

Jennifer Rothchild, had a very firm grasp about how and what her target audience thinks, what they do, and which kind of world they live in and that was refreshing. After just having finished a book that did not take the time to clearly identify with whom it was meant to serve, it was great to read a book from an Author who did understand the importance of that concept. I love the metaphors that were used throughout the book to describe the message, centering around "cleaning out and filling your closet with positive values and thoughts. The exercises presented in the book which would make good journal prompts for young women were contemporary and not preachy, but uplifting and well-formed. My favorite part was when she talked about labels, and stated that giving yourself positive and true labels are like wearing "designer labels. Quote: These are your designer labels, and they're the look that really works for you. Go ahead and try them on. Then look in the mirror and see how great they look on you! I really enjoyed reading this book, as it was uplifting, gentle, and stayed true in message and voice, fitting perfectly for the intended target audience, with a message that transcends faith and the importance of self-confidence, self-value, and self-esteem.

I really liked *Me, Myself and Lies for Young Women*. Unlike other books I've read, it does not focus on what other people say about you and how to deal with that, but with the things that you say to yourself. Jennifer Rothschild helps the reader discover when they tell themselves lies and drag themselves down. She then gives tips on how to talk to yourself and building yourself up with biblical truths. The style of writing is very good and appropriate for the intended reader. The examples are relatable and describe every day situations that every school-age girl knows. And the idea of having a "thought closet" might feel a little strange at first, but I think that it is a very good metaphor. This book would be a great gift for any young (Christian) girl (age 13-18). College age girls would probably also like it, but might feel a little too old for the example situations (but there is another version for older girls and women). It might also be fun to read it with a group of girlfriends and encourage each other.

Very well written book! Jennifer's positive attitude is contagious ! Glad I got the book!

Loved this book. Great ways to change your thinking

Great book

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