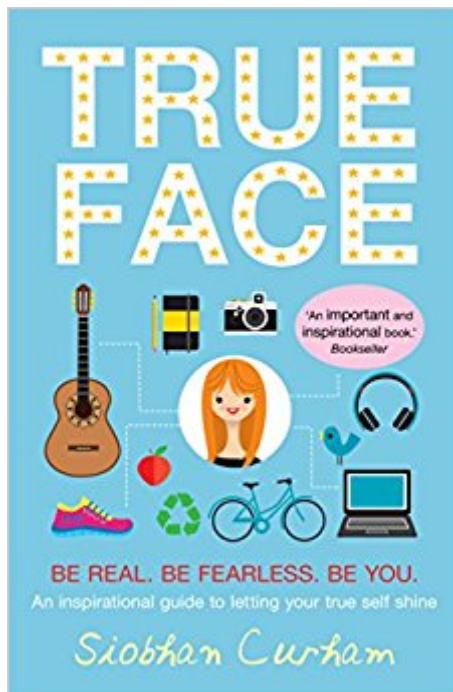


The book was found

True Face



Synopsis

"A back-to-school treat... The positive message and cheery tone will make this title an instant hit with teens." - School Library Journal We are living in the age of the image - the perfect image. From the constant bombardment of air-brushed photos, to the dubious lifestyle choices promoted by celebrities and the obsession with social media, young women are under pressure as never before to project a persona of perfection. And this is having a catastrophic effect, with girls as young as seven developing eating disorders and female self-loathing reaching epidemic proportions. From the ghostwriter behind the bestselling *Girl Online*, comes *True Face*, a book that shows you how to resist the pressure from the "perfection police" and be true to yourself. In chapters dealing with body image, bullying, social media, love, sex, and more, Siobhan Curham encourages young women and girls to be honest, dream big, and create lives that are happy and fulfilling. "Keep Calm and Carry On" is replaced by a new mantra: "Forget the Fake and Keep it Real". This book is a breath of fresh air. Perfect for ages 13+ - and for the Girls fan in her 20s/30s too!

Book Information

Paperback: 240 pages

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Product Dimensions: 5.1 x 0.6 x 7.7 inches

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,894,243 in Books (See Top 100 in Books) #48 in [Books > Teens >](#)

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in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#)

Customer Reviews

"In today's social media-crazed world, it can be hard to know the real person behind the tweets and the Instagram posts. Curham has written a charming text to inspire readers to 'unmask the real you.' Told in a chummy voice, the book encourages teens to figure out who they really are and develop a road map for a happy future. It can be so easy to accept that everyone's chirpy posts about what a fabulous time they are having or what a carefree existence they lead are a true reflection of their lives. But this is seldom the case. Life is messy, and

nothing is ever perfect. This guide reveals to readers different ways to ignore constant external messages and embrace one's true face. The secret is letting the self shine, whether by bolstering one's body image or finding love. There are other titles with a similar message, but Curham's hits all the right notes - neither preachy nor too jokey. As the author says in the introduction, it is time to set aside the 'keep calm and carry on' motto and take up 'forget the fake and keep it real' as the new mantra. VERDICT U.S. readers are in for a back-to-school treat with this volume that was originally published in the UK. The positive message and cheery tone will make this title an instant hit with teens." - Elaine Baran Black, Georgia Public Library Service, Atlanta, School Library Journal "A rousing and informative read ... True Face encourages young adults to express their individuality and difference, with Curham deftly exploring ways that teens can sidestep the pursuit of perfection and attain a happy, honest, successful and fulfilling existence - just by being themselves." (MUMSNET)

Siobhan Curham is an award-winning novelist and life coach. She has written books for adults, young adults, and children (all published in the UK). When she isn't playing with words she can usually be found contorted on a yoga mat, listening to crackly music on vinyl.

Excellent book!! love reading this Author's books. You will never be disappointed. Cheers!

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