



# Mädchen!: Wie sie selbstbewusst und glücklich werden (German Edition)

*Steve Biddulph*

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Das Geheimnis glücklicher Töchter

Geborgenheit, Freiraum für Kreativität, aber auch feste Regeln: Das brauchen Mädchen, damit sie glückliche und selbstverantwortliche Erwachsene werden. Steve Biddulph beleuchtet alle Entwicklungsphasen und zeigt Erziehungsziele und Lösungen für die Probleme des Alltags auf. Offen und kämpferisch geht er auf aktuelle Gefahren ein wie Schönheitswahn, Essstörungen und Mobbing in der Schule. Ein warmherziger, verständnisvoller Begleiter für Eltern.

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