



True Face - Sei echt. Sei furchtlos. Sei du selbst. (German Edition)

Siobhan Curham

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Die Welt, in der wir leben, scheint perfekt: retuschierte Körper in der Werbung; Celebrities, die ihr geschöntes Leben zeigen; und Facebook-Freunde, die uns an ihren Erfolgen teilhaben lassen. Schöner, schlanker, glamouröser, beliebter ... Teenager haben die schwierige Aufgabe, zwischen all diesen trügerischen Idealbildern ihre Lebenswirklichkeit zu finden – sich selbst zu finden. Siobhan Curham wirbt in diesem Buch dafür, die Masken abzulegen und der Perfektionspolizei den Rücken zu kehren. In wunderbar warmherzigem Ton ermutigt sie Mädchen und Frauen von heute dazu, ihre Träume zu leben, »echt« zu sein. – Ein besonderes Coaching-Buch für die Mädchen der Facebook-Generation.

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