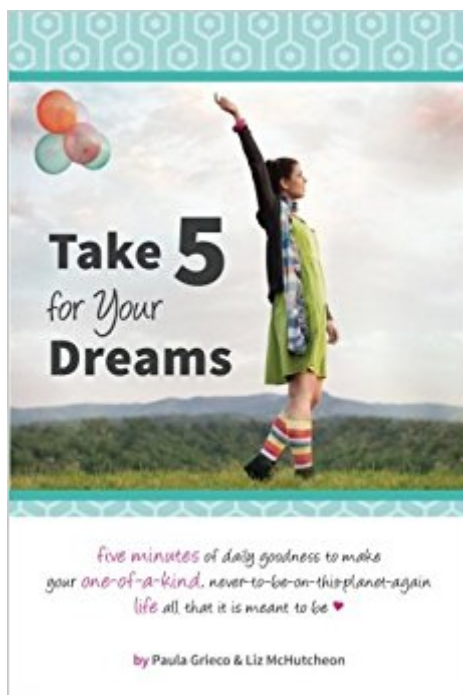


The book was found

Take 5 For Your Dreams



Synopsis

Do you have five minutes a day to live the super girl life you are meant for? Created especially for teen girls, *Take 5 for Your Dreams* provides inspiration and doable steps for living your biggest, boldest dreams starting now. It is an engaging daily guide packed with stirring quotes, beautiful and fun photography, keep-it-real essays, life experiences from teen girls, helpful resources, and daily Take 5 (minutes) actions -- all in a visually awesome and colorful format. Topics include getting in touch with what you love like crazy, being who you really are, understanding what really matters to you, stepping outside of your comfort zone, dealing with dream "crashers" and developing real-life superpowers. Take 5 is based on two years of research and over 100 interviews with teen girls from diverse backgrounds and circumstances across the United States. It is designed to both inspire and provide practical steps for young women to identify what they really want and take easy actions to pursue their biggest, boldest dreams. This really can't wait until next year or after high school or college or once a young woman gets settled in her career. That's how lives pass wholly unexamined. At a time when young women are inundated with messages about what they should look like and how they should act, Take 5 provides a refreshing alternative with a focus on understanding what really matters to you and how to take practical actions to achieve what you really want. If you are a teen girl or know one this book was created for you! No matter what your life circumstances today it's time to begin making your unique, never-to-be-on-this-planet-again life all it is meant to be! The world needs your 1 in 7 billion contribution!

Book Information

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Customer Reviews

Paula Grieco is a writer and entrepreneur. Liz McHutcheon is an artist and small business coach. Together they founded, What's Your Brave (www.whatsyourbrave.com), a writing and media project dedicated to supporting teen girls in being brave, dreaming big, and taking positive bold action. The founders started the project because of the pervasive disconnect between the portrayal of teen girls in the media and what they observed in the lives of the extraordinary young women they knew. They decided to go to the real adolescent experts – the teen girls themselves – to understand the true state of girlhood. After significant research and over 100 interviews with teen girls from diverse backgrounds and circumstances what they discovered was even better than expected – an abundance of brave young women who wanted to impact the world in extraordinary ways and share lessons for all on being brave, dreaming big, and taking bold action.

What a beautiful way to present inspirational quotes and words of wisdom for teen girls and young adults. I especially like the way the related short tasks and activities are integrated throughout the book. I definitely would recommend this book!

Purchased this book for my niece...I liked the format - Daily guide is informative, motivational, and inspirational...Great book for teenage girls and young women. They deserve to take time for their dreams...

Loved it.

What a great book! It's practical and fun, yet thought provoking and deep. True to the authors' claims, they don't talk down to the reader. To understand current young women and teens, they've been interviewing them and it's evident in this book. Their approach of 5 minutes a day, keeping it simple and entertaining makes the process fun and very practical. The authors take the reader step by step through the various phases to successfully understand and grasp their dreams. Difficult steps including taking action, and stepping out of one's comfort zone are covered using examples, quotes, advice, and resources young woman and teens can relate to; which I believe, will make this book a great success. So many books addressing this topic espouse time consuming and often complicated steps which can make it difficult for readers to keep engaged. The authors make this book very accessible and practical. I think many will look back on this book as a key resource on their quest toward a happy and satisfying life.

In this busy world we think, as moms, we are doing all the right things. But I read parts of this book and thought, "am I spending as much time on helping my daughters stop, relax, think, reflect, and dream as I am on getting them to soccer, plays, practices, and lessons?" This insightful book, an easy read, makes you stop and think but in an uplifting way. It seems perfect for a mom/daughter book club and can provoke great conversations across the dinner table (or the book club couch).

I have an infant daughter, and worry on a daily basis about what the world will look like when she's older. I know she'll face so many challenges I've never even thought about and that didn't exist when I was growing up, and I am already thinking about ways that I can make sure she grows up with the tools she needs to be a confident, capable adult when it seems like that's often at odds with the world around her! That's why I really love the concept of this book. Parents and kids are stretched for time, so the idea of doing something for five minutes a day--the same way we take 45 minutes a day to work out or 10 minutes a day to shower--is accessible and approachable. I like that the book has both concrete and specific tasks as well as those that are a little bit more creative. It really speaks to different personality types. And it provides enough exercises that it allows you to get into a habit of reflection, discussion, etc. on a regular basis. Whether you follow the book step by step or simply read through it to get ideas and discussion points, it's a great tool for working with your daughter or the teen/tween girl you love and helping her to think about how she can put herself on a path to accomplish and achieve her dreams in the future. It's so easy for us to get caught up in the day-to-day and it's great to take five minutes out to plan our path forward.

This is a lovely and aesthetically pleasing book that makes it easy to spend a little more of your time on reflection. It doesn't matter how busy you are -- the quick and simple format means that you definitely will have time to fit this into your day. It is full of simple and intuitive wisdoms that can change your life if you truly take them to heart. A great way to teach younger girls to value the things that are really important, embrace themselves for just who they are, and reach their full potential in life. Or, if you're older, this is an uplifting reminder of all the things you know to be true but sometimes forget to allow guide your actions in life. Definitely will get you thinking and feeling happier and more motivated, and the quote selection is lovely. Recommend! :)

It is such a simple, even obvious, idea -- young women should be thinking about who they are, what they are good at, and what they truly want to do with their lives. Yet it is also such a novel idea. Teen girls seem to spend much more time trying desperately to fit in and to live the lives they are

supposed to, with little thought given to what they really want out of life. This book is the perfect tool to help young women change this trend. Take 5 for Your Dreams encourages teen girls to take just 5 minutes a day to think about themselves and their goals. It also gives young women concrete steps to take to help them rise above the messages from the media and peers and examine who they truly are and what they want from their lives. I (along with many adults I suspect) wish I had done more of this as a teen, and I definitely want my daughter to have this book.

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