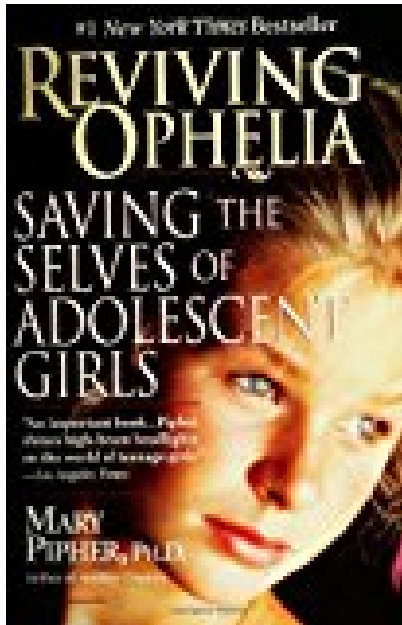


Reviving Ophelia Saving the Selves of Adolescent Girls



BOOK DETAILS

- Author : Mary Pipher
- Pages : 312 Pages
- Publisher : Riverhead Books
- Language : English
- ISBN : 1594481881

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BOOK SYNOPSIS

Why are adolescent girls prone to depression, eating disorders, addictions and suicide attempts than ever before? Mary Pipher believes adolescence is an especially precarious time for girls, a time when the fearless, outgoing child is replaced by an unhappy and insecure teenager. Her view is that for the most part it is our look-obsessed, media-saturated, girl-poisoning culture - and not parents - which is to blame. Despite the advances of feminism, escalating levels of sexism and violence cause girls to stifle their creative spirit and natural impulses, which, ultimately, destroys their self-esteem. Yet it is often their families that are blamed. Here, for the first time, are the girls' unmuted voices. By laying bare their harsh day-to-day reality, *Reviving Ophelia* offers parents compassion, strength and strategies with which to revive these Ophelias' lost sense of self.

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