

52 Power Moves for Girls

COOL, CONFIDENT and STRONG



By Cassandra Mack

Illustrations and Foreword by Kristin Benson, author of *52 Power Moves for Girls*

Cool Confident And Strong 52 Power Moves For Girls

Barbara Littman



Cool Confident And Strong 52 Power Moves For Girls:

Cool, Confident and Strong Cassandra Mack,2007-10 Created just for girls Cool Confident and Strong helps young women tackle the many day to day issues they face From self esteem and body image to dating and surviving cliques Cool Confident and Strong teaches girls how to remain true to themselves and make choices that respect their values boundaries and bodies Also included are a mother daughter discussion guide resources for teenage girls and tips for starting your own Cool Confident and Strong reading group

Smart Moves That Successful Youth Workers Make Cassandra Mack,2007-11 Smart Moves That Successful Youth Workers Make provides core principles and practices for effectively working with today s youth You ll learn how to manage the 7 roles of the front line youth worker avoid the ten common mistakes most youth workers make set boundaries without being cold and unapproachable and help teens build healthy self esteem and take positive charge of their lives

Smart Moves That Successful Managers Make Cassandra Mack,2007-07 Any manager intent on leading effectively and successfully needs this book Cassandra Mack gives away the keys to successful management in a practical down to earth step by step fashion Whether you are a brand new supervisor or a veteran manager you will come away with tips to increase your overall effectiveness Gessy Nixon author of The Weekend Entrepreneur Whether you re a department manager division head project manager team leader or an executive director of a young organization Smart Moves That Successful Managers Make will help you lead and manage more effectively Smart Moves That Successful Managers Make will show you how to 1 Map out a game plan to help you lead and manage more effectively 2 Help your people prioritize tasks set goals manage their workload and work at their optimum potential 3 Avoid the 12 fatal mistakes smart managers make 4 Make office politics work to your advantage without compromising your integrity 5 Manage your manager so you can get what you need to thrive without driving yourself crazy 6 Chart out a course to ensure that your work life doesn t overwhelm your personal life 7 Increase your value visibility and sphere of influence Cassandra Mack owns a successful training and development company through which she and her team provide keynotes training solutions coaching curriculum development and grant writing services Cassandra has written 7 best selling books and hosts a popular internet radio show through The New York Carib News which is listened to by more than 200 000 people each week For more information go to www.strategiesforempoweredliving.com

Young, Gifted and Doing It Cassandra Mack,2007-08 Motivating a new generation of teens with tips steps and strategies for successful living The teenage years are filled with lots of choices and challenges Teenagers are at a critical point in their lives in that the decisions they make today can have lifetime repercussions In order for teens to successfully maneuver through this complicated yet wonderful stage they need practical tools for success Young Gifted and Doing It offers teenagers 52 simple ways to develop their unlimited potential and position themselves for lifelong success In an upbeat and candid voice Young Gifted and Doing It provides teens with tips to boost their self esteem make wise choices connect with positive people set goals develop better time

management and money management habits rise above adversity and so much more Also included are a success action planner a teen resource guide and tips for parents teachers and youth service providers who are committed to helping teens walk the path of success This is the first personal development book for teens with a hip hop slant it will make a difference

The Busy Woman's Little Book of Motivation Cassandra Mack,2008-03 The Busy Woman s Little Book of Motivation is a collection of insightful lessons and anecdotes that will help you own your power keep the cup full enough to feed yourself get in the driver s seat of your career let go of the ledge break the habit of self sabotage and take steps toward healthier relationships In the power packed little book you ll learn how to give yourself the best of what you ve got and live life by your design If truth is what you seek and balance is what you need this is where you ll find it right here in Cassandra Mack s The Busy Woman s Little Book of Motivation Intensely and intentionally Cassandra speaks to the heart mind body and soul of the woman who s too busy to know that she s too busy Slow down long enough to sit down with this powerful book and you will be a better woman for it Mischa P Green author of 30 Things He Told Me But Can t Tell You Because You Won t Listen I have read many books that advise women on empowerment but Cassandra Mack s book shows you exactly how to own respect and have confidence in your power as a woman daughter mother sister and friend refusing to allow others to dismiss or diminish you Miranda J Carr author of Dysfunction and Heartache If you are trying to reach your goals create more balance build your career let go of the habits that do not serve you well and make healthier relationship choices all at the same time The Busy Woman s Little Book of Motivation is the guide you need to get there You ll learn to become more empowered in a tangible way and open yourself up to all of the wonderful possibilities that await you Kisha Robinson Co CEO OneDa Twinz Finally a fresh look at what women can do to take charge and re charge Cassandra deals with the underlying reasons why so many strong women struggle and offers heart felt advice on how to live more authentically Jacqueline Rose PhD Corporate Coach and Consultant *The Single Mom's Little Book of Wisdom Companion Workbook* Cassandra Mack,2007-09 You ve read The Single Mom s Little Book of Wisdom and now you re ready to go deeper to move from principle to practice to put in the work to make yourself happier healthier and whole Well THE SINGLE MOM S LITTLE BOOK OF WISDOM COMPANION WORKBOOK is a personal tutorial for you to work through meditate on and hopefully process so that you can bring your life into sharper focus and get from where you are now to where you want to be Why A Companion Workbook Because it is one thing to read an inspiring book feel encouraged by it and have a basic understanding of how a principle might work in theory It s quite another to put the principles into practice let the lessons kick in and take action so that you can achieve your desired results This book will show you how to do the work of wholeness Embrace the lessons share the seeds of success with every woman you encounter and dare to live life by your design See you on the path *2006/2007 Black Authors and Published Writers Directory* Grace Adams,2006-07 First of its kind internationally a unique and innovative indexed listings of the Black Literary Market Place Easy to read chapters features Black authors writers poets song film and playwrights

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Everyday Ways to Raise Smart, Strong, Confident Girls Barbara Littman, 1999-09-18 Offers practical advice to parents concerned about self esteem in their daughters

Hit Girls Jen B. Larson, 2022-08-09 Intro Title Page Copyright Dedication Contents Author s Note Foreword by Ann Magnuson Introduction Essays Feminista By Alice Bag Neo Boys Liner Notes by Suzi Creamcheese 1 Midwest Hit Girls Haute Girls Destroy All Monsters The Welders Nikki the Corvettes Flirt Chi Pig DA The Shivvers The Waitresses Bitch The Dadistics The Cubes Unit 5 Ama Dots The Dents Kate Fagan Algebra Suicide Dummy Club 2 South Feast on My Heart Pylon Cichlids The Klitz The Delinquents Mydolls Screaming Sneakers The Cold F Systems Teddy and the Frat Girls The Foams 3 Northwest Guys Are Not Proud The Dishrags Chinas Comidas The Accident Neo Boys The Anemic Boyfriends Sado Nation Art Object The Braphsmears The Visible Targets Bam Bam 4 West Coast South Manic in a Panic Backstage Pass The Bags The Controllers Castration Squad The Alley Cats The Eyes Suburban Lawns The Dinettes The Brat 45 Grave Tex the Horseheads Sin 34 The Pandoras Screamin Sirens 5 West Coast North Shake the Hands of Time Mary Monday The Nuns The Avengers The Blowdryers The Urge VS VKTMS U X A IXNA Los Microwaves Romeo Void The Contractions Inflatable Boy Clams Wilma Frightwig 6 East Coast Subversive Pleasure Jayne County Mars The Phantoms Helen Wheels Band B Girls Teenage Jesus the Jerks Cheap Perfume DNA Nasty Facts UT ESG Plasmatics Tiny Desk Unit Disturbed Furniture Bush Tetras Y Pants Egoslavia Dizzy and the Romilars Chalk Circle The Excuses Red C The Bloods Pulsallama IN MEMORIUM AUTHOR S ACKNOWLEDGMENTS CITATIONS INDEX

The Cool Confident and Strong Self-Esteem and Smart Choices Workbook Cassandra Mack, 2018-04-27 About The Book Today s adolescent girls are faced with so many pressures the pressure to be popular the pressure to fit in at almost any cost the pressure to compete for attention from boys often at the risk of their own self worth the pressure to have sex at a younger and younger age the pressure to emulate the objectified images portrayed in popular music videos television shows and magazines as well as the pressure to engage in behaviors that are in direct conflict with their fundamental beliefs It is critical that girls have as many avenues as possible to build self esteem and develop practical strategies that will empower them to make smart choices The Cool Confident and Strong Self Esteem and Smart Choices Workbook is a companion book to my national self esteem guide for girls entitled Cool Confident and Strong 52 Power Moves for Girls The Cool Confident and Strong Self Esteem and Smart Choices Workbook contains 52 life skills activities known as power moves designed to help girls build confidence and self esteem develop decision making problem solving and values clarification skills so that they can make choices that respect their values bodies and boundaries as well as remain true to themselves when faced with social pressures Who Should Use This Book The Cool Confident and Strong Self Esteem and Smart Choices Workbook can be used

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