



Snap 2 It!: A Real Girl's Guide to Keeping a Positive Outlook (even when you're having a bad hair day, just got a pimple on your nose and you and your best friend are fighting)

Sondra Clark

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Teenage girls are in need of a positive role model, and Sondra Clark, 16, is just that.

Sondra, the author of five published books, has traveled the world, speaking to thousands of people about her experiences. She also has been the international spokesperson for worldwide causes. But that doesn't make her perfect-she still has a messy bedroom and argues with her parents.

Sondra knows that intelligence and confidence are more important than looks, and she knows that teenagers today need and will heed advice from someone they trust. She shows teenage girls how to:

- Set goals to reach their dreams
- Use time management to help them on a daily basis
- Understand the importance of their beliefs
- Achieve both academically and socially
- Understand that being successful is more important than having a boyfriend and nice clothes
- Know the importance of looking beyond themselves to help others

Sondra's website can be visited at www.sondraclark.com.

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Irma Patterson:

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