



# Secrets Girls Keep: What Girls Hide (& Why) and How to Break the Stress of Silence

*Carrie Silver-Stock*

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## Do You Know Someone with a Secret?

This book is for every girl with a secret, which pretty much means every one. Our secrets help us, hurt us, and sometimes even haunt us beyond high school. Secrets like:

I hate the way I look.  
My boyfriend yells at me.  
I'm cheating my way through chemistry.  
I lost my virginity and regret it.  
I sent a text message about my friend that wasn't true.  
I went to a party and didn't tell my parents.  
My mom drinks too much.

By revealing the personal stories, struggles, and secrets of other teen girls, Carrie Silver-Stock shows how to deal with everyday stresses by being self-reliant, not silent, and how to get real about what matters. With tips and advice for teens and by teens, you'll learn how to:

- Navigate the ups and downs of dating
- Make and keep good friends
- Deal with school (the social scene and grades)
- Handle family drama
- Survive the cyber scene
- And more . . .

Thousands of girls are joining the movement to share their secrets, ideas, and stories. What are you waiting for? Visit [www.girlswithdreams.com](http://www.girlswithdreams.com).

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#### **Leola Grant:**

This *Secrets Girls Keep: What Girls Hide (& Why) and How to Break the Stress of Silence* is great guide for you because the content which is full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it info accurately using great plan word or we can declare no rambling sentences inside it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only will give you straight forward sentences but tricky core information with splendid delivering sentences. Having *Secrets Girls Keep: What Girls Hide (& Why) and How to Break the Stress of Silence* in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no reserve that offer you world in ten or fifteen small right but this e-book already do that. So , this is good reading book. Hello Mr. and Mrs. active do you still doubt which?

#### **Jeff Keenan:**

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