



# Shine: A Girl's Guide to Thriving (Not Just Surviving) in Real Life

*Siobhan Hackett, Mary Doherty*

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In *Shine: A Girl's Guide to Thriving (Not Just Surviving) in Real Life*, Mary Doherty and Siobhan Hackett have mined their experience as teachers and counsellors and, with feedback from their students past and present, have written a book to let every teenage girl know that they don't need to be the best at everything - they just need to be the best at being themselves.

From coping with exam stress to examining negative thoughts, along with insights on body confidence and self-esteem, tips on how to deal with bullies (online and in real life), break-ups, sex, anxiety and including helpful advice for parents, *Shine* shows girls how they can shine from the inside out and navigate the teenage years by being confident, strong and independent.

*'This book is for all the future movers and shakers, the dreamers, the poets, the athletes, the musicians, the healers, the brain surgeons, the mothers and the CEOs. Don't let the anxieties, worries, or doubts get you down. Allow yourself to do what you can do best: let yourself shine!'*

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