



What's Wrong With Me?: A Girl's Book of Lessons Learned, Inspiration and Advice

Daree Allen

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Premarital sex. Drugs. Dating violence. Dropping out of school. So many choices, good and bad, are available for youth in America today, and girls continue to be especially vulnerable. They often blame themselves for things that go wrong in their lives, even when it s not their fault. They ask, What s wrong with me?, or they hear, What s wrong with you?! and brace themselves for the denigrating comments to follow. It s a timeless theme: girls grow up in every generation struggling with self-esteem, confidence, body image issues, uncertainty about dating, and insecurity about their identities. Where do they turn for answers or role models? Friends and peers don t make for such great influences and mentors when they are floundering themselves. Images of women of color in the media (TV and music videos) reinforce an impossible ideal and lack of self-esteem. How do girls today make decisions that will positively impact their future and not become victims of their surroundings? How can they affirm their Christianity proudly and not succumb to the deteriorating values of modern society? In this empowering Christian self-help book, Allen weaves her memoir from 20 years of journaling with lessons that still ring true for girls today, about such topics as accepting their identity, adopting a healthy body image, dating relationships, dealing with toxic friends and family members, avoiding or delaying premarital sex, building self-esteem, developing a positive attitude, dressing for success, setting goals, spending money wisely, handling anger and depression, and embracing their singleness, discovering their life purpose, and keeping God first.

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