



# Soul Searching: A Girl's Guide to Finding Herself

By Sarah Stillman

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**An updated, indispensable guide to empowerment and self-discovery for teens.**

While fashion magazines, television programs, and websites emphasize the superficial and foster insecurities, Sarah Stillman directs teen girls to a healthy place where a strong sense of self and direction take center stage. Originally written when the author was just sixteen, *Soul Searching* has been fully updated and expanded to address the concerns of today's teens, bringing girl power to the printed page by offering young women a clear path to self-discovery and empowerment. Through fun quizzes, insightful exercises, and provocative statistics, Stillman guides young women through the complex maze between adolescence and adulthood.

Featuring updated sections on safe cell-phone use, social media, health, and gender, as well as including updated resources throughout, *Soul Searching* is a must-read for teenage girls.

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## Editorial Review

From School Library Journal

Gr 8 Up-Stillman, a teenaged sage, has written a well-researched guide that includes sections on creating personal space, setting one's body free through yoga and massage, relaxation and mediation, journaling as a way to discover one's soul, and dream interpretation. The wordy tome ends with a chapter on world religions that asks readers "Is There a Buddha in You?" Each chapter provides a wonderful list of resources.

Unfortunately, despite the essentially good ideas and sound advice, the text is pretentious and stilted, and Stillman seems far too worldly and sure of herself for a 16-year-old. Mindy Morgenstern's *The Real Rules for Girls* (Girl Press, 2000) and Karen Bokram and Alexis Sinex's *The Girls' Life Guide to Growing Up* (Beyond Words, 2000) may not include as much soul-searching, but they are much better choices for anyone who wants some simple advice for living.-Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA

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## Review

"Thoughtful and thought-provoking, Stillman's guide addresses many topics pertinent to contemporary teens. The empowering message of acceptance of self and others permeates this text, providing inquiring readers a starting point for their journey of self-reflection."

—**Kirkus Review**

"The author's unpretentious yet stellar intelligence endears readers who are likely to consider this book a new BFF. Destined to become a popular item."

—**Kathryn Diman**, Bass Harbor Memorial Library, Bernard, ME  
SLJ, March 2012

"The book is a powerful example of the wisdom of young adults and the truths they can find in everyday things. This reviewer enjoyed this far more than expected."

—**Devin Johnson**, Teen Reviewer.  
VOYA, December 2011

## About the Author

**Sarah Stillman** graduated from Yale with simultaneous Bachelor's and Master's degrees in Anthropology before pursuing her PhD at Oxford—an inspiring example of what a self-confident teen can achieve. Active in the international global justice movement, she has worked with migrant factory workers in southern China, refugees in rural Guatemala, and HIV/AIDS patients in Thailand. In 2008, she was embedded with the 116th Military Police Company in Iraq as a foreign correspondent for *Truthdig*, following which New York University named her the inaugural recipient of The Reporting Award. Stillman has written about her experience in Iraq for *The New Yorker* and currently works as a fellow at Yale's Morse College, where she co-teaches a course on the Iraq war with a U.S. Army captain.

## Users Review

From reader reviews:

**Melissa Parra:**

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**Alma Rasmussen:**

Is it you who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Soul Searching: A Girl's Guide to Finding Herself can be the answer, oh how comes? A fresh book you know. You are thus out of date, spending your time by reading in this new era is common not a nerd activity. So what these ebooks have than the others?

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