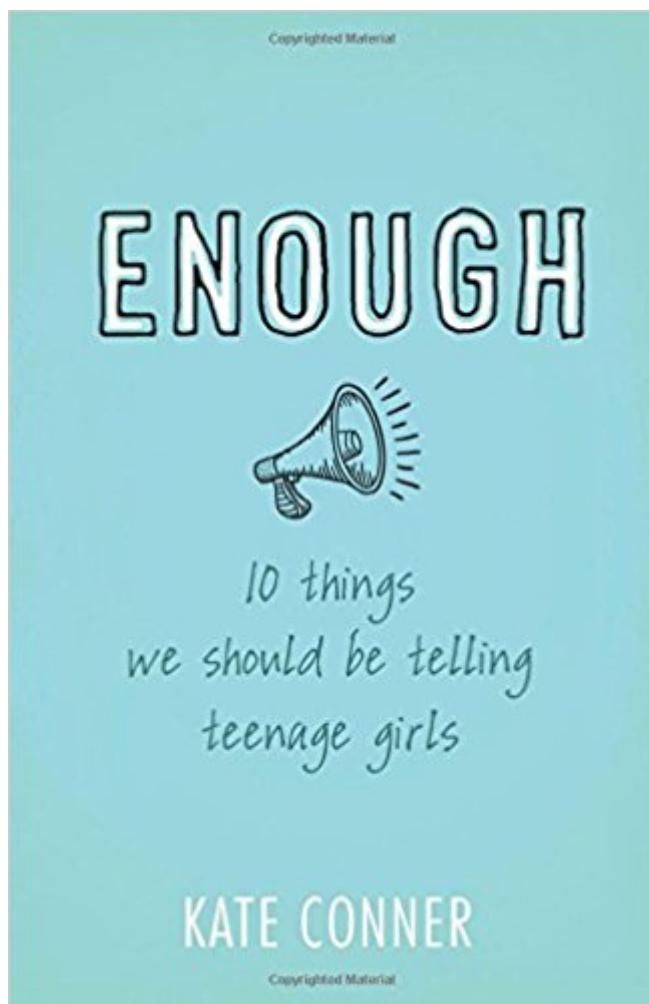


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# Enough: 10 Things We Should Tell Teenage Girls



## Synopsis

You are beautiful. You are valuable. You are enough. In a book based on her run-away blog post "Ten Things I Want to Tell Teenage Girls," which garnered more than 2 million views in two weeks, Kate Conner calls us to action in *Enough*. We all have teenage girls in our lives who we love, whether it's a sister, friend, or daughter. Kate has identified 10 things these girls need to hear today from someone who loves her. Peppered with wit and laced with grace, Kate's list tackles relevant issues like Facebook, emotions, drama, tanning beds, modesty, and flirtation. Woven into each chapter is a powerful message of worth that transcends age, and will touch the souls of women, young and old alike: You are beautiful. You are valuable. You are enough. A former youth-worker, wife to a college minister, and a young mom in her twenties, Conner stands squarely in generational gap, the perfect place from which to bridge it. Conner offers herself as a translator, helping you to speak your teenager's language and equipping you with a fresh perspective from which to engage your teenage girl—one that may enable her to truly hear your heart (and your wisdom) for the first time since puberty.

## Book Information

Paperback: 224 pages

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Product Dimensions: 5.4 x 0.6 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 32 customer reviews

Best Sellers Rank: #379,907 in Books (See Top 100 in Books) #15 in Books > Christian Books & Bibles > Children's & Teens > Teens > Social Issues #109 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance #110 in Books > Teens > Personal Health > Self-Esteem

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Kate Elizabeth Conner is a 27-year-old writer, speaker, and first generation southerner who spends her days learning braille, counseling teenagers via text message, and adjusting to life in middle

Georgia. She is married to a college pastor and has three impossibly beautiful children who only make her crazy 97% of the time. Kate authors a self-titled blog, which received more than three million views in two years, due in part to her viral post, 10 Things I Want To Tell Teenage Girls. Kate writes about surviving parenthood, teenagers, and her twenties with her faith and sense of humor intact. She believes in music, coffee, and prose — and in all the world, nothing has taken hold of her like Christ.

Kate gives some good advice! I like her candid and direct approach. She has a sense of humor too! One of my big take aways has to do with chapter 8—"Six Circles". I used to say that it doesn't matter what others think. But, I have had a hard time convincing myself that's actually true. She put it in perspective. Opinions of people are not equal. Of course God's opinion matters and in Him is where I find my worth. The way I present myself, my reputation, is important. Do I behave as a follower of Jesus? My worth is not determined by what others think of me (only God does that), but my relationships and reputation matter because my mission is to point others to Christ.

I enjoyed Kate Conner's compassionate and common sense approach to handling the pressures facing teenage girls. I found the simple, grounding message of "you are enough" to be incredibly soothing, and at the same time I found the content to be serious and challenging. Conner interrogates popular platitudes and commands which are too frequently dished out to teen girls by society - and by parents. I sincerely hope to not only communicate the message of "you are enough" to my daughters, but to properly internalise the message for myself, and to avoid all the common pitfalls outlined in this gem of a book.

Great book! I read it in a couple of days because things just kept resonating to me and I'm definitely not a teenager anymore! There are simple truths that we need to believe about ourselves in order to pour them into our teenagers! Her words are inspiring, motivational, and a wave of fresh air in a time where it's all "feel good" material. I would definitely recommend!

While this book addresses parenting teenage girls, it can also be applied to our own lives. Kate's say it like it is writing style allows the reality that young women face to be addressed head on. She isn't willing to whitewash the facts and that makes her truth telling all the more relevant. This book is perfect for anyone who works with teenage girls!

Being a teenage girl isn't easy. Knowing how to help teens navigate those years isn't much easier! Kate gives great observations and advice on this topic, and does so with humor and honesty. I believe this book will be valuable to parents, teachers, youth leaders, etc.

I love the straight talk in this book. It is also humorous and insightful. Every woman should read this.

A must read for any parent with pre teen or teen girls... no easy feat raising them these days with all the nastiness around them

only finished first 3 chapters thus far the information there was worth the price and had my daughter read it

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