



## The Confidence Code for Girls: Taking Risks, Messing Up, and Becoming Your Amazingly Imperfect, Totally Powerful Self

*Katty Kay , Claire Shipman , Nan Lawson (Illustrations)*

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**Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless.**

It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online.

Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years.

**Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves.**

If you or the girl in your life loved *The Gutsy Girl* or *Rad American Women A-Z*, you'll love this.

## The Confidence Code for Girls: Taking Risks, Messing Up, and Becoming Your Amazingly Imperfect, Totally Powerful Self Details

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## **From Reader Review The Confidence Code for Girls: Taking Risks, Messing Up, and Becoming Your Amazingly Imperfect, Totally Powerful Self for online ebook**

### **Talia says**

It feels strange to rate a book like this, but I think it's great for girls in middle school who are learning how to be their most powerful selves! This book is alllll about the many ways girls can find confidence within themselves. Whether you want to try out for the softball team, be honest about something going on with a friend, or just learn to believe in yourself, this book has it all. It's filled with quizzes, quotes, activities, stories about real girls, and exercises that can help you find the confidence within. I particularly enjoyed the quizzes and stories from real girls. This is a great book to pick up for the tween in your house :)

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### **Alexa Hamilton says**

There are plenty of young girls who could use a dose of confidence. There are some really great strategies in this book to handle all the feelings that pop up in pre-adolescence and adolescence, and let's be honest, continue into adulthood. I know the authors adapted this from their adult book which I have not read. There are some exercises and quizzes that will definitely tickle the audience, though I think whoever handled the editing of this book and suggested some of the text features may have gone a little overboard to try to attract every type of tween girl reader. I do hope that lots of girls will read this and learn how to risk more, think less and be themselves.

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### **(Bern) Mom to 2 Posh Lil Divas says**

This is such a wonderful book! I find it well thought out and perfectly executed for it's targeted audience - tweens. My girls (ages 12 & 11) really enjoyed it - especially the quizzes! My graphic novel lover liked the addition of quirky illustrations and comics sprinkled throughout the book. It definitely helped keep her engaged while reading.

It opened up great dialogue between them as sisters and led to great mommy-daughter chats as well. I loved its message of empowerment for girls and wish I had something like this growing up. It offered insightful strategies and was very timely for tweens of this generation. I appreciate that it included topics such as being aware of screen time and that all elusive "online perfection".

I wouldn't hesitate to recommend this or gift it to all the tween girls I know and love.

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### **Rebecca says**

Such a smart and accessible book for young girls! Love the mixture of narrative, research, illustrations, and quizzes. I enjoyed reading and will be recommending to all the young people in my life.

## Leila says

At over 50 I am not what generally is labelled a "girl" any more, but I picked this up because the subject matter interests me, and I believe that women's challenges in the workplace, socially, etc. start very young. Reading this book brought those dilemmas back to me. The circumstances have changed since I was a tween (I don't even think the term "tween" existed), social media was limited to landlines and slambooks back then, but the advice given in this book would still have been pertinent. The only thing I did not like was that the book consistently limits friends to being female friends, thus giving the impression that girls really only can be "BFFs" (that is a term I am glad was NOT around when I was a youthful sprite) with girls. The author does try to explain that at one point in the book, but I think understanding the opposite gender is critical to later success (after all they are 50% of the population)..and that cannot be done without some contact with them that is not only about attraction. The difficulties in navigating that also start young, and should have been addressed, though I understand why the author may have chosen not to: the risks of sounding like a how to deal with boys advice book are of course there.

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## Elaine Donadio says

What's the message of this book? " Taking Risks, Messing Up, & Becoming Your Amazingly Imperfect, Totally Powerful Self!" This is a how-to book with lots of visuals—cartoons, speech bubbles, different fonts, cute little quizzes and assessments, outlines for setting goals—with input from women in a multi-generational, high achieving family with their heads on straight. Great for middle grade and high school girls who need a self-confidence boost and/ or a guide for setting and achieving goals despite negative comments and subversive actions from people who need to be ignored! A fun and helpful, user friendly read.

"What is confidence, anyway? Confidence is what turns our thoughts into action. You can think of it like a math formula:

Thoughts + Confidence=Action.

"One big thing that confidence is NOT: It's not about how you look. It's about how you act, and who you are.

- \* Find Role Models-look for daring, incredible girls and women
- \* Look Out For Fakers-those who put others down to puff themselves up
- \* Shout It Out-praise others who show confidence by taking positive action

"Break it down, assess risks, break out of comfort zones, take small steps, get comfortable being uncomfortable, be your own coach, don't be afraid of failure, stop trying to be perfect, set goals, ask for help, and say it like you mean it!"

That's all? Yes, it's as easy as that.

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## Laura says

Overall, this had so many helpful and encouraging ideas for young girls and it is my hope that parents would be leading with these messages already and this book would be simply supplemental. The book failed to reach 4 stars for me because of the glaring lack of a discussion of faith and confidence that comes from being a child of God. Yes, the authors have to reach a broad audience, but not even mentioning faith and a higher-being's role in giving us sense of self felt like a big missed opportunity.

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## Tod Hilton says

Reading this ahead of my 14 y.o. daughter. Every summer I assign her a few books to keep her busy, broaden her perspective, and help her grow into a healthy, happy, courageous person. I recommend this one for girls AND boys. It will encourage girls to embrace their self-confidence and courage. It'll help boys understand how the world around them treats women and girls. It's an easy read, written for pre-teens and teens, with a handful of exercises to drive home the points being made.

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## Hestia Istiviani says

*I read in English but this review is written in Bahasa Indonesia*

Aku tengah menjalani sebuah program pengembangan diri bersama dengan rekanku. Beberapa hari sebelum libur lebaran, ia menginisiasi program ini: cari tahu bagaimana caranya masing-masing bisa semakin sayang dengan diri sendiri. Momen libur lebaran kami jadikan waktu untuk merenung (termasuk membaca) yang kemudian hasil renungan tersebut akan kami bahas bersama ketika bertemu.

Untuk memulai program ini, tentu aku harus mengetahui buku apa yang sekiranya cocok untuk mendukung keadaanku. Berbekal mesin pencari Google, aku mengetik kata kunci "self-love book" dan hasilnya menunjukkan buku ini (salah satunya ya).

The Confidence Code for Girls sebenarnya adalah sebuah turunan dari buku berjudul The Confidence Code karya penulis yang sama. Bedanya adalah bahasa dan bentuk penyajian yang disesuaikan dengan remaja putri.

Bukunya tebal karena mencakup beberapa ilustrasi, kuis sederhana, dan studi-studi kasus yang membuat pembaca muda lebih dapat menangkap pesan dari penulis. Mereka membicarakan tentang mengapa menjadi percaya diri untuk penting dan semua berawal dari tindakan untuk menyukai diri sendiri terlebih dahulu. Logikanya sederhana: bagaimana bisa orang lain menjadi tertarik dengan kita jika kita sendiri belum merasa tertarik dengan diri sendiri?

Penulis menjabarkannya secara perlahan dan selangkah demi selangkah. Mereka mencoba untuk menjelaskan dalam beberapa poin sebelum nantinya diambil kesimpulan. Lebih menarik lagi dengan adanya ilustrasi seperti komik. Bahkan penulis juga memasukkan ide-ide sederhana namun cukup kuat (*powerful*) yang bisa dipraktikkan oleh pembaca.

The Confidence Code for Girls tidak sekedar memberi tahu apa yang sebaiknya dilakukan para remaja putri tersebut. Penulis memberikan fakta-fakta dari penelitian tentang kondisi nyata para remaja putri di Amerika Serikat, berharap pembaca bisa tergerak dan menjadi lebih percaya diri.

Secara keseluruhan, buku ini memang ditujukan kepada pembaca muda. Namun, tidak ada salahnya untuk dibaca pembaca dewasa. Minimal, kita akan tahu seperti apa sih kegalauan yang dialami oleh mereka? Mulai dari perbedaan warna kulit, struktur rambut, hingga mereasa sungkan untuk meminta pembalut kepada rekan sekolah.

Latihan-latihan serta kuisnya juga bisa dikerjakan oleh orang dewasa untuk membuat perencanaan pengembangan diri (*individual development program*). Seru!

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### **Jessica Frey says**

DNF at 50%. Took an unpleasant political turn.

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### **Cindy Hudson says**

Katty Kay and Claire Shipman, authors of the New York Times bestseller *The Confidence Code*, have created a new book on confidence especially for girls aged 8 to 12. Aimed at reaching girls at a stage in life when they may need confidence boosters, the book is chock full of good advice, helpful exercises, and real-life examples of girls moving beyond their comfort zone to build self-assurance.

Called *The Confidence Code For Girls: Taking Risks, Messing Up, & Becoming Your Amazingly Imperfect, Totally Powerful Self*, the book is divided into three sections: *The Keys to Confidence*, *Confidence Inside & Out*, and *The Confident Self*. Each chapter presents a challenge that many girls face, like fear of failure, perfectionism, troubled friendships, and more. Girls can answer questions about how they may respond to challenges and get answers for ways to effectively handle all sorts of situations.

The advice is practical and inspiring, and the tips and tools are easy to follow. Exercises are available throughout the book, and girls can download a shield to create their own confidence code at [confidencecodegirls.com](http://confidencecodegirls.com).

I highly recommend *The Confidence Code For Girls* as a tool that girls can turn to again and again as they face changing situations in their lives.

The publisher provided me with a copy of this book in exchange for my honest review.

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### **Elissa says**

This book is geared towards older girls, I would say 10-14 year olds. In 11 chapters, Kay and Shipman lay out several pieces to building your confidence and along the way they offer real life examples of girls who employ these aspects of confidence as well as quizzes that make the book a truly interactive and reflective learning experience. The real life examples are of every day girls and girls who have made their projects come to life, whether that's starting an organization or writing a book. One of the most notable thought exercises is how to get out of a negative thought spiral. The authors offer a "rewiring toolbox" that includes hitting the pause button, changing the channel, listing past accomplishments as well as future activities, and coming up with alternative explanations for a negative experience (telling yourself the "maybe" story). At the end, they encourage the reader to come up with their own "confidence code" made up of the tools included

throughout the book and to revisit it anytime they feel the need.

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### **Mary Angela says**

I read this book with my daughters who are nine and twelve. I would highly recommend it for all tween girls. It's fantastic! It has great examples plus real help to get past the worry of failing.

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### **Hazel says**

The quizzes were great and the personal stories made it more interesting. It was very fun to read and super empowering for all girls!

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### **Jasmine says**

I wanted to read this book before handing it off to my daughter. Such a well thought out book, especially the quizzes. Where was this book when I was in middle school? Every school should have a few copies of this book on their shelves.

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