

The Triple Bind Saving Our Teenage From Todays Pressures By Hinshaw Stephen Kranz Rachel 2009 Hardcover

The Triple Bind is basically this: girls are expected to be pretty, sexy, etc. ("girl" qualities), successful and competitive ("boy" qualities), and make it all look effortless (be perfect at both). This sets an impossibly high bar that many a hormonal, young, and emotionally inexperienced girl can't handle. The Triple Bind that girls face today: • Act sweet and nice • Be a star athlete and get straight A's • Seem sexy and hot even if you're not in many ways, today is the best time in history to be a girl. Opportunities for a girl's success are as unlimited as her dreams. Yet societal expectations, cultural trends, and conflicting messages are creating what psychologist and researcher Stephen Hinshaw calls "the Triple Bind." The Triple Bind is putting more and more girls at risk for aggression, eating disorders, depression, and even suicide. Dr. Hinshaw's fascinating and groundbreaking book shows concerned parents how to listen, learn, and help girls unlock the shackles of the Triple Bind. The Triple Bind discusses many key topics, including

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