



# Be Who You Want to Be: Dealing with Life's Ups & Downs

*Karen Casey*

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# Be Who You Want to Be: Dealing with Life's Ups & Downs

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## **Be Who You Want to Be: Dealing with Life's Ups & Downs** Karen Casey

For a vast majority of girls in this country, there comes an age at which self-esteem, self-assurance, equilibrium, and confidence fly out the window. Maybe it's hormones, maybe it's culture, or maybe it's just called growing up. Whatever the cause, it's real. Some girls turn, in their own fashion, to the same addictive solutions as their elders: compulsive behavior--either in the form of alcohol, drugs, food, or something equally destructive. Casey, a veteran of the "first great revival" of the recovery movement, brings the art of living one day at a time to young girls in *Be Who You Want to Be*. "My intention in this book is similar to the intent in my other titles: I want to foster hope and willingness in young girls to believe they can make the changes needed so they feel like they belong and have purpose." From the book's opening note to parents (and other adults who care about young girls) through to the final word, the spirit of taking steps for themselves, no matter who they are or where they are in life, comes through in an accessible tone, providing girls the toolkits they need for handling life's ups and downs.

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