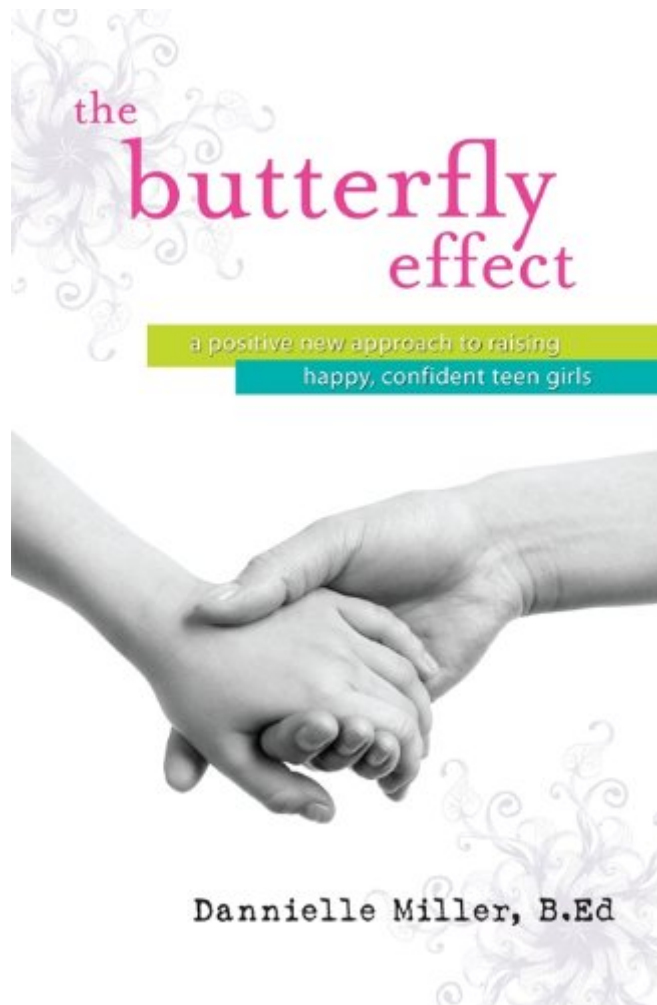


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# The Butterfly Effect: A New Approach To Raising Happy, Confident Teen Girls



## Synopsis

A fresh and positive approach to help parents of teenage girls. Danni wrote *The Butterfly Effect* to inspire parents to create their own new realities for their daughters. Talking to multitudes of girls every year in Australia and New Zealand, Danni's message is authentic and passionate, and her book both celebrates and challenges the joy and beauty of teen girls in an age of raunch and consumer culture. *The Butterfly Effect* offers practical, intuitive and powerful strategies, and uses humor to disarm and open up new ways of looking at self-esteem, resilience, body image, friendship, consumerism, navigating the online world, overcoming girls' fear of failure and finding positive role models. Dannielle Miller is an experienced teacher and educator committed to empowering young people to reach their full potential. Her work has been featured in education journals and has made her a popular speaker at various national conferences and forums. Dannielle founded Enlighten Education in 2003. Enlighten is now a national network of passionate, talented women who believe that by entering our young girls' world and engaging them, they have the capacity to be a voice of difference and facilitate meaningful conversations around gender and identity. Dannielle delights in working with thousands of teenage girls across Australia, and with the media as a guest expert on teen issues. The connection Danni forges with teenage girls and her ability to get them to open up to her and think about themselves and the world around them gives her unique and invaluable insight into what makes teenage girls tick, and how we can help them navigate everything life throws in their way. Dannielle writes primarily for the mothers of teenage girls, encouraging them to realise that they are more like their daughters than they think and they can help their daughters by helping themselves, too.

## Book Information

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## Customer Reviews

'The Butterfly Effect' is a captivating book, offering a positive approach to raising girls. The challenges and pressures faced by girls and their parents are explained and backed up with research as well as Miller's own extensive experience. But far from adopting an 'end of the world' approach, Miller breaks down the different aspects of raising girls, and provides realistic solutions and advice. The book emphasises the impact of women as role models - particularly with regards to body image and diet. With the prevalence of eating disorders amongst our girls increasing at a disturbing rate, this is something that all women need to consider. How can your daughters/nieces/granddaughters learn to accept their bodies when the women in their lives are constantly dieting and are so critical of their own? So much media attention is directed towards the downfall of youth today and the pressures and dangers present in the lives of our children. As a parent, it is easy to become despondent. And that's exactly why I love Miller's new book, 'The Butterfly Effect'. It brings me back to how we can all make a stand against the sexualised, commercialised, celebrity-focussed, fake barrage of images and noise thrust at our children. Miller's approach to raising happy and empowered girls is based on forging deeper, more loving relationships - in Miller's words: "When working with teenagers, it is important to engage them emotionally; if you can capture their hearts, their minds will follow." I thoroughly enjoyed reading this book, a book that kept me up far too late at night because I didn't want to put it down. If you have girls, this is a book you simply must read. Rachel Hansen [...]

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