



Growing Up Without Getting Lost (invert)

Melissa Trevathan, Helen Stitt Goff

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There was a time, not so long ago, when everything in life seemed pretty simple. You had great friends, you got along with your parents (most of the time!), and you were pretty happy with the way your life was.

But suddenly, it seems like everything is changing. Your friends expect way too much from you, and often let you down. You fight with your parents more than you'd like, and they never seem to be happy with you. You just don't understand why your life seems so chaotic now.

Melissa and Sissy, the authors of this book, think they can help you figure out some of the big questions inundating your mind:

- Who am I?
- What do I want?
- What should I do?
- Who do I want to be?

While they're no longer teenagers, Melissa and Sissy remember a bit about their entry into teenage life. But more than that, they talk with girls who are a lot like you every day—girls who are feeling pressure from everyone around them, who are feeling like they're changing in ways they don't understand—physically, emotionally, and spiritually—and they feel like their lives are out of their own control.

If you've ever asked yourself any of those questions above, or if you just don't know why you feel like everything is changing and you miss the "good old days" of Barbies and board games, this book can help you understand who you are and give you hope for who you are becoming.

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