

Yippee! It's finally SPRING- my favourite season of the entire year! I'm not sure entirely why as this is the time when I get a year older (never fails), as well as develop severe pollen allergies and sneeze non-stop! But on the bright side, there is nothing quite as wonderful as looking down at the ground and seeing this year's first crocuses or looking up and marvelling at the new cherry blossoms all around us. Having spent over 30 years in big cities, I never seem to lose my appreciation for how beautiful it is here on Vancouver Island and how fortunate we are to live amongst such splendour- mountains, oceans, and vast forests.

I have been a busy little bee over the 'hibernating' months of winter expanding my business, working with wonderful clients, and writing like there's no tomorrow. So in this issue of my newsletter, I would like to introduce my latest creation, or "baby" as I am fond of calling it- a book!

For years I have grappled with why so many women end up with eating disorders, low self-esteem, depression/anxiety, and other self-defeating beliefs/habits. The answer? I don't know yet! But one thing I've come to realise is that there are many ways that we are shaped by the messages we hear when we are growing up: from our families, our peers, our schools, and the media. While some of these messages can help us to feel good about ourselves and our abilities, it is a sad fact that most of the time, what we hear enforces all of our insecurities, fears, and self-doubts- not exactly a recipe for "I'm all that and a bag of chips!" or "Me woman- hear me roar!"

Instead, we end up saying, "I'm fat", "I'm ugly", and/or "I'm stupid". I'm aware that there are many more self-deprecating things we say to ourselves, but don't have the room to list them all here. Nor do I want to.

What do I want instead? I want us to teach girls and young women to love and accept themselves exactly as they are, acknowledge and celebrate their gifts and abilities, and to become all that they dream of being...and more!

I recently interviewed Susie Orbach, the author of "Fat Is a Feminist Issue"(1978) and asked her what's she's learned in the 30 years she's been working to help and empower women about preventing eating disorders and internalized self-hatred. Her answer was that she used to be naïve enough to think she could "change the world" and that it's really disheartening to see women still struggling so much with the issues she raised 30 years ago today. But she believes that the answer lies in "sufficiently inoculating" girls and young women with positive messages so that they aren't so vulnerable to self-harming behaviours.

The book I have just written is one small "inoculation effort" which I hope will give girls the guidance, support, and positive messages they need in order to become self-loving, strong, and assertive women.

SECRETS OF ‘SURVIVING YOUR TEEN YEARS AND BECOMING THE WOMAN YOU WANT TO BE’ REVEALED!

Are you a female teenager who is struggling on the rocky road to womanhood?

Are you needing words of wisdom and guidance from those who have traveled the path before you? Would you prefer it if it didn’t come from someone you are related to?

Do you want to hear stories about becoming a woman from everyday, average women with regular lives like you?

As girls and women, we are constantly bombarded by unrealistic, plastic images of women in the media who live very different lives than us and who have very little to offer in the way of guidance to becoming a *real* woman.

Let’s face it- being a teen can really suck. And there’s not a lot out there to point you in the right direction. You’re going through all of these difficult times and having to make so many choices, often, with very little help or guidance.

Sometimes, it can be completely overwhelming. Adults just don’t seem to understand where you’re coming from, or they’re busy telling you what you *should* do, even if it’s not the best thing for you. And your peers may not be able to help you because they, too, are struggling through their teens and just keeping their heads above water. How frustrating and lonely it can be trying to figure it all out on your own!

Let the confusion and isolation stop! **Help is here! You don’t need to travel through your teens alone! Being a teen doesn’t have to be so rough! You can, and you will, find guidance, comfort, and hope from the stories contained in this e-book:**

WHAT YOUR MAMA CAN’T OR WON’T TEACH YOU: Grown Women’s Stories of Their Teen Years

Being a 34-year-old woman who had a really hard time as a teen, I realize that it would have made a huge difference if I had heard stories of teenhood from older mentors who could guide me on my way to becoming a woman. As a therapist who works with countless teen girls, I see the need even more in today’s younger generation.

I wanted to create a guide for today’s teens based on average, real-life women’s experience and wisdom. So I set out to interview 20+ women of all different ages and backgrounds to gather their stories of being a teen and what they have learned since then. The result is ‘I can’t-put-it-down’, gem of an e-book.

www.guidebooktowomanhood.com

In this e-book, you'll find no "right" or "wrong" answers to anything; just a **wide variety of women's experiences, wisdom, and thoughts on many topics that will be of huge interest to you.** I wanted to make sure that this book covered as many of the most important things teen girls wanted to know about, so I interviewed a bunch of teen girls and asked them what the most important topics were.

As a result of their feedback, the following are the topics covered in this fabulous "guidebook to womanhood":

- **Surfing the wild waters of Adolescence**
- **Becoming a Woman**
- **The Ups and downs of love**
- **Decisions about marriage, children, and family**
- **Finding your passion in work**
- **Learning from Role Models**
- **Money Talk**
- **Handling Losses and Endings**
- **Exploring Your Spirituality**

*Hint to older women: this book makes a wonderful gift for the young women in your life!

Remember, You don't need to travel through your teens alone! **Being a teen doesn't have to be so rough! You can, and you will, find** guidance, comfort, and hope **from the stories contained in this e-book.**

Order your copy today *in minutes* through PayPal by going to:

www.guidebooktowomanhood.com



Esther and her 18-year-old sister, Ruthie

Esther Kane, MSW, RCC relocated to the Comox Valley two years ago from Vancouver. She is in full-time private practise as a psychotherapist in Courtenay at the Rosewall Wellness Centre.

Esther has over a decade of experience counselling women and their loved ones with a multitude of presenting problems. Her main focus is helping women to become free of barriers which keep them stuck so that they can become all that they dream of being.

To book a session or to set up a free 15-minute phone consultation, call Esther at (250) 338-1800. Or e-mail her at: esther@estherkane.com. You can check out her detailed website at: www.estherkane.com