

Dr. Connie R. Hebert, National Literacy Speaker/Author, www.conniehebert.com

"I loved the Tao-Girls book and concept! Wish I had learned all that when I was 12 years old!!! Love the organization and easy format of the book. Love the activities for girls to apply what's learned! Enjoyed the many powerful quotes that are woven throughout the book! Thanks for the recommendation. I'm sending it to my 12 year old niece this week!"

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**Leanne Gluck, Project Manager, uniquely ME! Girl Scouts of the US**

*"Whether you are worrying about your BFF not liking you, struggling with the way your body looks, or just trying to deal with all of the homework your teacher gave you last night, Tao Girls Rule! is for you. Inside you'll find simple, yet powerful ways to discover and appreciate your very best self and live life with confidence and boldness when faced with challenges. Tao Girls DO Rule!"*

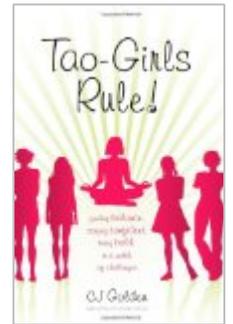
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The Phantom Paragrapher

Ever feel like you have low-self esteem, aim for something higher or looking for a guide to stay confident and in a balanced life? With C.J Golden's Guide, *Tao-Girls Rule!* you can achieve just that.

Review: Tao-Girls Rule! - CJ Golden - 2009

Are you the sort of girl that wishes to have a balanced life, act more confident and lead a wonderful life? Have you ever looked at the popular girls, the queen bees and thought "hmmm, I wish I was confident and as beautiful as them"? With C.J Golden's book *Tao-Girls Rule!* aimed at Teenage Girls 12-17, by following her guidelines taught by Tao an ancient philosophy you too can become the "queen bee" in your own way.



Being a Tao Girl stands for:

- Tenacious
- Accepting
- Optimistic
- Grateful
- Imaginative
- Radiant
- Loving.

Throughout the Guidebook, it contains a handful of quotes, lyrics including Miley Cyrus's "The Climb" and Mini-Challenges to help you find your own way in understanding what type of Tao-Girl you are.

Celebrity Tao-Girls include Miley Cyrus/ Hannah Montana, Oprah Winfrey, Ashanti, Maya Angelou, Kelly Clarkson, Queen Latifah and more. If these are the role models that you have in mind, then this is the book for you.

Inside *Tao-Girls Rule!* you'll find simple, yet powerful ways to discover and appreciate all that inner radiance and beauty within yourself which will help and encourage you to live your life to the max with high self-esteem.

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### **Literary Magazine Book Review, January 3, 2010**

**By Lit Chick "NMB"**

*Tao-Girls Rule! Finding Balance, Staying Confident, Being Bold, in a World of Challenges*

**Re-Posted BOOK REVIEW from The Write Place At the Write Time ~**

CJ Golden, author of *Tao of the Defiant Woman*, tenderly makes her perspectives on Taoism teachings available to young girls in her latest book, *Tao Girls Rule!* Refreshing, uplifting and light, it addresses the difficult rites of passage of the eleven to seventeen age group with anecdotes of average girls, celebrities, and featured inspirational quotes.

The issues tackled are varied which is beneficial to the young readers who will seek out situations which they can relate to. What is striking about the book is that it nurtures with the wisdom of a woman, but it does not

condescend. It is quite balanced in finding an age appropriate voice for its young, modern audience, while not abandoning the learned tones of experience- in essence, the 'having been there, done that, survived that' astuteness. It is loving without the clinical coolness of the many young adult self-help books and it reinforces the themes of a growing girl looking within for answers in a world where she can control her actions and not the actions of others. There is a good deal of levity without trivialization and interactive challenges at the end of the book keep the principles in constant 'flow', much in keeping with the Taoist way. Children and parents can refer to the site, [...] for further information, inspiration and wonderful interactive programs associated with the book. Though the fare is lighter than some of the issues young women face, it does touch various inner principles that would be needed to weather the situations and hits upon common trials faced. Interactive, friendly and unintimidating it presents itself well in both format and content. A welcome and handy book of wisdom for any young woman (numerous celebrity adult anecdotes inspiring to all ages) - would that there were more guidebooks of this nature for such a precious time of transition.

*\*This review is from the literary periodical, The Write Place At the Write Time, [...] Copyright 2009 To read the full review and intro to Tao Girls Rule!, readers may visit the site.*

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5.0 out of 5 stars Tao Girls Rule and so does CJ Golden!, November 22, 2009

By Donna F. Ferber, psychotherapist

This review is from: Tao-Girls Rule!: Finding Balance, Staying Confident, Being Bold, in a World of Challenges (Paperback)

In language as gentle and simple as the Tao itself, CJ Golden introduces middle and high school girls to one of the world's oldest and treasured philosophies in her new book, *Tao-Girls Rule!* CJ explains how the Tao is relevant and helpful for young women in dealing with the very real and practical problems they are experiencing in their daily lives. She also encourages connection and introspection. Coming out of isolation and increased self-awareness are important in our quest for self esteem, confidence and validation. CJ's style makes this an easy, approachable read. She talks with the reader, not down to the reader-something young girls are quick to notice. Her acceptance and openness encourages them to risk the same. A lovely book for the young girl in your life, *Tao Girls Rule* is bound to become a well used, dog eared companion.

Donna F. Ferber, LPC, LADC

Author of From Ex-Wife to Exceptional Life: A Woman's Journey through Divorce.