

Tao-Girls Rule!



finding balance,
staying confident,
being bold,
in a world
of challenges

CJ Golden

Tao-Girls Rule!

*finding balance, staying confident, being bold,
in a world of challenges*

Table of Contents

INTRODUCTION: What is a Tao-Girl?	ix
PART ONE: TAO AND DYNAMIC	
Chapter One: What is Tao?	1
Chapter Two: What is Dynamic?	11
Chapter Three: Who is a Tao-Girl?	15
PART TWO: LIVING LIFE AS A TAO-GIRL	
Chapter Four: A Tao-Girl is T enacious	21
Chapter Five: A Tao-Girl is A ccepting	31
Chapter Six: A Tao-Girl is O ptimistic	43

Chapter Seven: A Tao-Girl is G rateful	51
Chapter Eight: A Tao-Girl is I maginative	57
Chapter Nine: A Tao-Girl is R adiant	65
Chapter Ten: A Tao-Girl is L oving	73
PART THREE: BALANCED, CONFIDENT AND BOLD	
Chapter Eleven: Celebrity Tao-Girls	81
Chapter Twelve: Take the Tao-Girl Challenge	91
AND NOW I'D LIKE TO SAY THANKS	101
AS PROMISED, A SPECIAL ACKNOWLEDGMENT	105

Tao-Girls
Rule!

Introduction

Simply put, a Tao-Girl is someone who understands the ancient Chinese philosophy of Tao (pronounced "Dow") and follows it in her daily life. Easy. If you know what Tao is, of course. A Tao-Girl is also someone who knows how to be dynamic and take charge of her life in a positive way when faced with a tough challenge. That's also a cinch when you know what I mean by dynamic.

We're all faced with challenges just about every day of our lives. Some are easier to deal with than others: having to choose between your two favorite outfits for a summer picnic is simpler than having to choose one friend to bring to the picnic because you're only allowed one guest. And sometimes we don't have a chance to choose because the

situation is decided for us. That would be like your mom demanding you wear the new jeans to the picnic instead of your comfortable old shorts. And then having her tell you she already invited your cousin- who you don't enjoy being with - as your one allowed guest. This is when you have to find a balance between being very angry at your mom, and recognizing that you won't win this battle so you might as well make the best of the situation.

This is what TAO-GIRLS RULE! is all about: discovering how to live your life with confidence and boldness when faced with challenges. You'll find definitions, examples and fun quotes about Tao and dynamic to help you discover the balance you might not realize you have been missing. And, by the end of this book you, too, will be a Tao and dynamic Tao-Girl!

Let me begin by telling you a bit about me:

A rather long time ago I was your age, going through the same angst, trials and difficult challenges that you are going through right now.

Well, not quite the same.

Back when I was a teen, we had no computers, ☹; no cell phones or digital cameras; our television shows were limited to those we could find on one of only three channels and television was certainly not viewed in HD; we had no DVRs, DVDs or PDAs :(. We had to communicate through the written word (with pen and paper, or using a typewriter), the telephone or actually talking face-to-face. (-_-)(-_-)

Imagine life without Facebook, MySpace, Twitter, texting or email!

The challenges were the same, though: school, parents, boyfriends and your friends pushing you to do things that you don't necessarily want to do. Keeping up my self-confidence was often tough back then, as it is today. Every time I thought I had life under control something would sneak up behind me and smack me down. I remember once throwing myself a birthday party. I had everything set for a fabulous event, invitations had been sent, and great food and my favorite birthday cake were ready to share with all of my guests. No one came. Wow. Did that ever suck the life out of me. I was convinced that I was unworthy, unloved and would never be able to show my face in school again.

*TIME TO DEFINE self-confidence—
believing in your own abilities*

Back then I was most definitely NOT a Tao-Girl, although now I wish I had been.

Somehow I did force myself to go back to school. And the world didn't fall apart. I was amazed. It turned out that the invitations had not been delivered (I don't remember exactly why not), everybody still liked me and were sorry they didn't know about the party!

That was more than 50 years ago and I have since discovered that I am worthy of friendships. I am loved and can, indeed, go places, and people are pleased to see me.

I've met so many of you around the country — all with these types of concerns and challenges.

Perhaps you're in the middle of a conflict right now: a family illness; your parents splitting up; a friend who suddenly seems to be angry with you; teachers who work you too hard; others pushing you to do something you don't believe in. When you're in the middle of this angst you cannot see that there is a way out.

*TIME TO DEFINE angst—
anxiety, sorry and worry*

I'm here to tell you that there IS a way out—a way to deal with those tough times by loving yourself and growing in self-confidence and self-esteem; by finding a way through your problems with the aid of good friends and role models.

*TIME TO DEFINE self-esteem—
having respect for yourself*

And that way out is by being Tao and dynamic.

*SAY WHAT?
Tao—pronounced “Dow”*

This little book has been written by me, for you, with the help of hundreds of girls your age: all facing the same tough situations you might be dealing with now, or perhaps will have to face sometime in the future.

Those hundreds of girls have all discovered, as I have, that there is a way to handle the more difficult times, remain in control of your life, feel good about yourself and move on with resilience and satisfaction.

Resilience: being able to bounce back from a setback is the best way to get through life. There will be setbacks, so understanding how to be resilient is very important.

Satisfaction: being happy with the decisions you have made and the direction of your life is a lot better than being unhappy.

So this book is all about getting through the challenges and changes in life with a minimum of grief :’(and a maximum of joy :D. And to do that while feeling very fine and good about yourself. (Actually, if you don't really like yourself it will be hard for someone else to like you.) The choices you make in life should be based on the fact that you are the best you can be. We'll get to that later and I'll explain how to make sure you are being the best you can be.

Are you ready to find out just how to live your life in a happy, strong and self-confident way? Are you ready to be a Tao-Girl?

Keep reading and find out just what that is, and how you can be a Tao-Girl, too!

PART ONE

Tao and Dynamic
