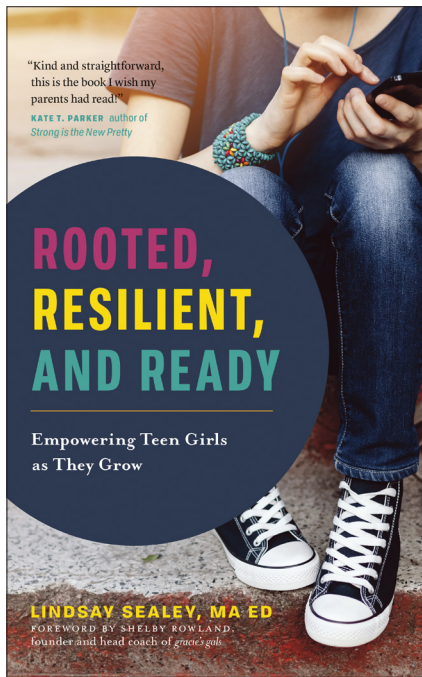


# Rooted, Resilient, and Ready

*Empowering Teen Girls as They Grow*



ROOTED, RESILIENT, AND READY  
Empowering Teen Girls as  
They Grow

Lindsay Sealey, MA ED  
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**LINDSAY SEALEY** is an Educational and Personal Development Specialist. As the founder of Bold New Girls, she positively influences the lives of young girls through the education and personal growth strategies she uses in her teaching, coaching and mentoring, focusing on helping girls integrate social and emotional development with academic success, personal growth, and personal best.

**I**n *Rooted, Resilient, and Ready*, Lindsay Sealey, bestselling author of *Growing Strong Girls*, offers a fresh take on the intense, complex and ever-evolving stage of a girl's development: the teen years. Today's teen girls face powerful pressures, all of which can lead to isolation, limit their aspirations or result in a damaging decline in self-esteem.

*Rooted, Resilient, and Ready* enables parents to hear from the teenagers themselves, featuring insightful interviews with a diverse range of young women, each speaking candidly about their experiences, fears and challenges. Sealey's clear, empathetic advice complements this chorus of firsthand stories with guidance that speaks directly to both what young women need and want from their parents. Fine-tuned to the complexities of modern teenage life, Sealey addresses topics including identity, eating disorders, peer pressures, body image, mental health, engaging (or disengaging) with social media, cultivating healthy relationships, and planning for her future with confidence.

*Rooted, Resilient, and Ready* explores how today's teen girl assembles her identity through the interweaving of genetics, family and friends. Sealey also examines the masks young women may feel they need to wear to be accepted, such as the super girl, the invisible girl, or the cool girl. Countering these negative or constraining expectations, Sealey guides parents through a three-part approach to a happier, healthier teen, as well as their new role to take on: parenting from the periphery.

Though teenage years can seem more turbulent than ever before, Sealey's grounded advice and conversations help parents empower their daughters to stay rooted and confident in the face of change.

## Points of Interest

- **Media savvy expert specializing in girls' psychological development:** Lindsay Sealey is an energetic, influential speaker and consultant with over 15 years' experience as a development coach for pre-teen and teenaged girls of every background. Previously featured in the *Toronto Star*, *Globe & Mail*, *Canadian Family*, *The Agenda with Steve Paikin* and CTV's *The Social*, Sealey is a dynamic interviewee and guest columnist in high demand.
- **Highlights real teen voices:** By sharing teens' stories in their own words, Sealey offers an increasingly rare but essential perspective in books geared toward parents. Covering topics from eating disorders to bad dates and mental wellness, "In Her Words" sections cut away at speculation and get to the truth—and heart—of the issues teens are thinking about most.
- **Helps adults address the modern pressures of teenage life without being prescriptive:** "The Talk" is the least of parents' worries. Isolation, bullying, social media—whether their children feel rooted and ready as they become independent adults—these are the topics parents feel anxious about. Sealey lays the groundwork for parents to have difficult conversations, including knowing when to check-in and how to keep communication lines open.
- **Examines the fraught arena of relationships:** *Rooted, Resilient, and Ready* debunks five myths about platonic and romantic connections girls frequently fall prey to (such as being in or out of someone's "league"), while empowering parents to teach their teen girls about emotional and physical boundaries, cultivating healthy communication and recognizing toxic relationships.

# Advance Praise

“Kind and straightforward, this is the book I wish my parents had read!”

—**Kate T. Parker, author of *Strong is the New Pretty***

“*Rooted, Resilient, and Ready* offers smart, contemporary analysis and advice about parenting today’s teen girls, and is packed with recent research as well as practical tips.”

—**Madeleine Shaw, founder and board chair of United Girls of the World Society**

“Adolescence is a profound period of development during which teen girls need to thrive rather than just survive! *Rooted, Resilient, and Ready* is exactly the roadmap parents of teen girls have been waiting for so that they can provide the perfect balance of safe harbour and launching pad. A must-read!”

—**Dr. Vanessa Lapointe, R. Psych., author of *Parenting Right From the Start***

“Sealey provides incredible insight into what teenage girls are navigating in this day and age and will help you empower the young girls in your life.”

—**Heather Moyse, two-time Olympic gold medallist, speaker, and bestselling author of *Redefining “Realistic”***

“As a mom of three children quickly becoming teenagers, I want to prepare them for the inevitable changes and pressures they will face as they grow up. Lindsay’s book is not only perfect timing but refreshingly positive.”

—**Tamara Taggart, former CTV News broadcaster**

“While not shying away from even the trickiest of subjects, Lindsay’s knowledge, caring, and passion comes through on every page. Drawing from experts, personal vignettes, and Lindsay’s wealth of experience, *Rooted, Resilient, and Ready* offers practical, thoughtful advice. A must-read for every parent, teacher, coach, and therapist who has the privilege of helping girls navigate into adulthood.”

—**Dr. Aaron Lautzenhiser, R. Psych.**

“Lindsay shows parents how to understand their teens and guide them to a positive self-image where they truly believe they can be anything.”

—**Allison Cepler, co-founder and president of Girl Expo Canada**

“A wonderful and empowering work, essential not only for mothers, but also for grandmothers, aunts, teachers, and mentors of young women. Filled with beautiful imagery as well as case studies threaded throughout, this book teaches us how to instill teenage girls with roots for becoming resilient in an ever-changing, often quaking, society.”

—**Kate Barrett, MD**

“I know how important it is for myself and girls to be strong and know their worth. This book is a perfect guide for girls, young women, and parents to learn the tools of self-confidence and empowerment. I know I’ll use it as I become stronger and continue to grow.”

—**Spencer Litzinger, host of YTV’s “The Zone”**

“This book is full of insight and advice that can actually be put to use! As a parent of a teenage daughter myself, I found this book to be instrumental in empowering me to be a better mother!”

—**Delia Perry, creator and host of the podcast *Girls 4 Greatness***

“As a healthcare practitioner working with teens, *Rooted, Resilient, and Ready* is now the ‘textbook’ I refer to. It serves me as a guide for talking to and connecting to teens, especially in today’s world.”

—**Dr. Erin TeWinkel, ND**

# Themes & Topics

## THEMES (INTERVIEWS, OP-EDS AND ARTICLES)

- The Parent-Teen Relationship
- Self-Identity and Becoming
- Mental Health, Body Health and Life Balance
- Social Media, Public Image, Self-Promotion, and Keeping It Real
- Relationships (Friends, Peers, Partners, Parents, Teachers)
- Dating, Sex and Break-ups
- Peer Pressure (Vaping, Smoking, Drinking, Drug Use, Sexual Activity, Rebellion)
- Planning and Preparing for the Future with Clarity, Confidence, and Assertiveness

## TOPICS (INTERVIEWS, EXCERPTS, ARTICLES)

- Parenting from the Periphery
- Connecting with Your Teen
- Circles of Influence (Genetics, Family Life, Peers, Culture & Society)
- Wearing a Mask: The Supergirl, The Invisible Girl, The Cool Girl
- Perfectionism and Inadequacy
- Body Love and Loathing
- Body Image and the Family Dynamic
- The "Mom" Effect and the "Dad" Effect
- The Three Fs for Success: Food, Fitness and Fun
- Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Orthorexia Nervosa)
- Finding Passion and Focus
- Mental Health and Wellness
- Stress Cycles
- Mental Disorders (ADD/ADHD, Anxiety Disorder, Depression, Bipolar Disorder)
- How to Show Your Teen She's Not Alone
- How to Create Open Lines of Communication
- How Parents Help and Hinder Growth
- Her First Phone
- Girls Love and Hate Social Media
- Selfies and Self-Obsession
- Be a Real Friend (Healthy Relationships, Boundaries, Balanced Communication, Authenticity)
- Avoiding Unhealthy Relationships
- Boyfriends and Girlfriends (Dating, Just Friends)
- Let's Talk About Sex (Ideal vs. Real, Same Sex Sex, "The Talk," Consent, Boundaries, Sexting)
- Sexual Harassment and Abuse (Assault, Rape, Sex Trade)
- Personal Best—Not Perfection