

BOOK REVIEW

Every chapter in Leonard Sax's book "Girls on the edge," holds astounding evidence, thoughtfulness, and countercultural angles about the deep rooted issues most young girls face today.

Issues such as: Sexual Identity – where sex seems trivial, or a thing guys get more pleasure out of, and pressured to be sexy before they feel it; the Cyberbubble – where either your daughter will lose herself in the online world, or she will be subject to the harsh uses of it; Obsessions – good grades, eating disorders, self-harm, alcoholism, and the causes for control and approval; and Environmental Toxins – what's in those plastics and lotions?

But not only that, Sax looks at the need for a girl's body, mind, and spirit to be addressed and considered. Much of his observations reflect biblical influence and does make reference to one or two passages from Scripture. He references Song of Songs 8:4 as support to not push girls to be women or sexually inclined.

Let's see what Sax has to say, and help our girls to just be girls.

Home Application

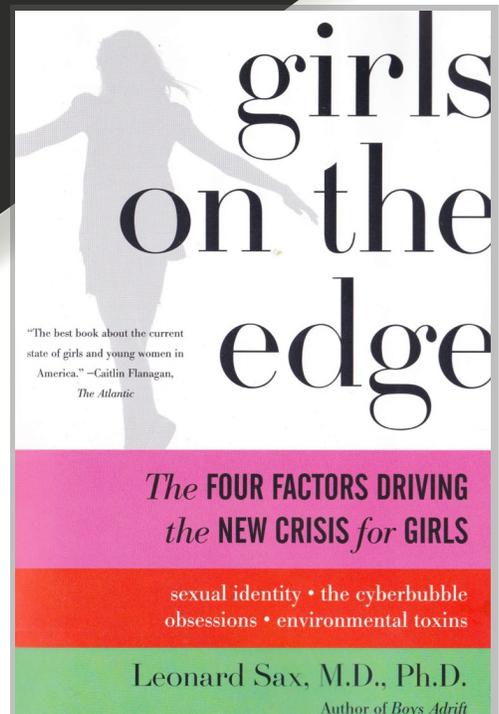
"What can you do to prevent your daughter from going though puberty early?... Avoid exposing her to the environmental toxins... engage her in appropriate exercise programs... if you're a Mom, and you live with your daughter's Father, then encourage her Dad to be a warm and loving father... If you're a Dad, be there for your daughter" (p. 118).

- When you go shopping, look for lotions say "BPA Free," or "parfum free."
- If your daughter has a phone, by 10pm have her cell phone and charged in the parent's room till the morning when she gets up.

"Girl's cheerleading is by some measures the most dangerous sports kids do today... if the measure of danger is the number of serious injuries per thousand athletes" (pgs.158 -159).

"Today, our culture pushes girls to divert their spiritual impulse into a romantic or sexual channel. The result is a growing proportion of young woman who are disillusioned with sex... The sexual is good. The spiritual is good. But they are not the same thing" (p. 189).

"I can summarize some of the most important advice this book has to offer to girls in three equally short sentences: Have friends. Not too many. Mostly Females" (pgs. 210-211).



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