



Supergirls Speak Out: Inside the Secret Crisis of Overachieving Girls

Liz Funk

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Some girls seem to have it all...

The top grades
The best clothes
A great body
A cute boyfriend

But they may also have...

Exhaustion
Anxiety
Eating disorders
Crippling insecurity

From grammar school girls to working women, the pressure to be perfect is spreading like a disease. These Supergirls feel the unrelenting need to succeed -- sometimes at the cost of their own happiness and sanity. A recovering Supergirl herself, Liz Funk exposes the dangerous consequences that can come from striving for perfection. By closely following five girls and interviewing nearly one hundred more, she takes us inside the Supergirl psyche, explaining the causes of this phenomenon and showing how Supergirls can let their (sleek and shiny) hair down and find some time to relax and enjoy life!

With practical advice, biting humor, and the sensitivity of someone who's been through it all, Funk's Supergirls Speak Out is the absolutely necessary companion for any girl who thinks 100 percent just isn't enough.

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