



Swimming Upstream: Parenting Girls for Resilience in a Toxic Culture

Laura Choate



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A guide to help parents teach their daughters to resist negative cultural messages.

Never before have adolescent girls faced so many confusing and contradictory expectations. From a young age, popular culture teaches girls that their worth is based on their appearance, their ability to gain attention, and an ever-increasing accrual of accomplishments. With such unattainable standards, it is no wonder that many girls experience stress, self-doubt, and even mental health problems. Girls struggle to develop an authentic sense of self, even as they attempt to meet a set of impossible cultural expectations.

Many parents feel helpless against the onslaught of negative influences targeting their daughters, but in *Swimming Upstream: Parenting Girls for Resilience in a Toxic Culture*, Laura Choate offers a message of reassurance. This book provides parents with a set of straightforward tools they can use to help their daughters navigate the trials and demands of contemporary girlhood. Choate draws upon years of research and counseling literature to teach parents how to instill the power of resilience in their daughters, including developing a positive body image, maintaining healthy relationships with friends and romantic partners, and navigating high-pressure academic environments. Based on cutting-edge research, this book contains the strategies that parents need to prepare their daughters with the life skills they need to resist destructive cultural influences.

Though the journey through modern girlhood may be complicated - and even treacherous - this guide offers a user-friendly way for parents to help their daughters thrive in the midst of the negative pressures of modern culture. Practical and engaging, *Swimming Upstream* is a must-read for parents of girls of all ages.



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