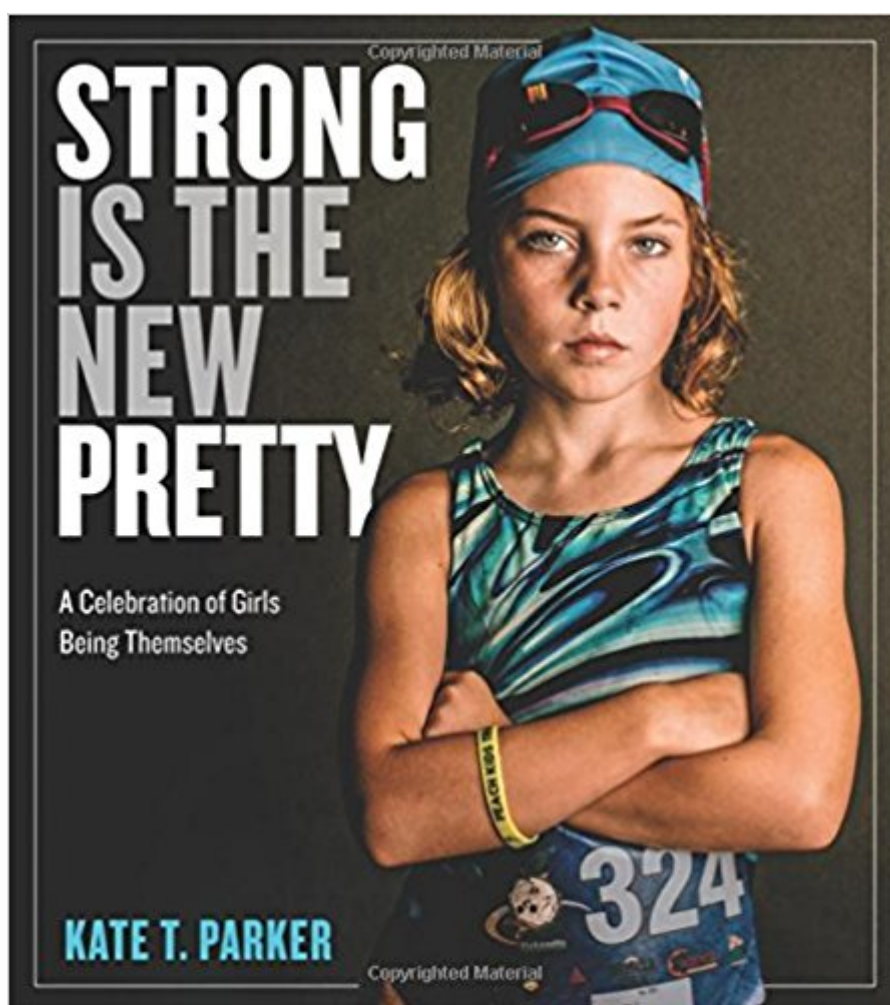


The book was found

# Strong Is The New Pretty: A Celebration Of Girls Being Themselves



## Synopsis

Girls being fearless. Girls being silly. Girls being wild, stubborn, and proud. Girls whose faces are smeared with dirt and lit up with joy. So simple and yet so powerful, *Strong Is the New Pretty* celebrates, through more than 175 memorable photographs, the strength and spirit of girls being 100% themselves. Real beauty isn't about being a certain size, acting a certain way, wearing the right clothes, or having your hair done (or even brushed). Real beauty is about being your authentic self and owning it. Kate T. Parker is a professional photographer who finds the real beauty in girls, capturing it for all the world to see in candid and arresting images. A celebration, a catalog of spirit in words and smiles, an affirmation of the fact that it's what's inside you that counts, *Strong Is the New Pretty* conveys a powerful message for every girl, for every mother and father of a girl, for every coach and mentor and teacher, for everyone in the village that it takes to raise a strong and self-confident person. **Â**

## Book Information

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## Customer Reviews

**Â** | A powerful book. **Â** •FamilyCircle Magazine **Â** "Strong Is The New Pretty is the definition of girl power. **Â** •Buzzfeed **Â** "A lovely exploration filled with exquisite images of girls and quotes about what makes them strong, beautiful, and confident **Â** | stunning. **Â** • **Â** •School Library Journal **Â** "Positively moving and totally glorious. **Â** • **Â** "This is an amazing celebration of the strength,

confidence, and energy of girls and young women who are just beginning to understand their power in the world. Imagine how much more we can all accomplish when girls honor what their bodies can do and focus on their dreams rather than fixate on what they look like and obsess about their shape.

• Ann Shoket, former editor in chief of Seventeen magazine and author of *The Big Life*

“Within the pages of *Strong Is the New Pretty*, we see girls as they naturally are and what they want and demand the world to see. They are inspiring, wise, and grounded in the certainty that they will take the world by storm.”

• Rosalind Wiseman, author of *Queen Bees & Wannabes* and the *Owning Up* curriculum

Kate T. Parker is a mother, wife, former collegiate soccer player, Ironman, and professional photographer who shoots both fine-art projects and commercial work for clients across North America. Her *Strong Is the New Pretty* photo series has led to collaborations with brands like Athleta, Kellogg's and Oxygen. The project has also inspired Kate to launch a philanthropic arm of *Strong Is the New Pretty*, partnering with organizations like Girls on the Run, Glam4Good, and Girls Inc., that invest in girls' health and education. When she's not photographing, Kate can be found coaching her daughters' soccer teams. She lives with her family in Atlanta, Georgia.

After getting the book today, both my young daughters kept begging me to read additional pages and both separately asked if they could be the ones to keep it in their room to read before falling asleep. I thought it would be a good coffee table book in our house, but had no idea it would resonate with them quite that much. I purchased it after my youngest experienced some bullying at school after getting a pixie (very short) haircut that she was very proud about. I loved that the intro to the book happened to talk about girls and short hair cuts. After going through many pages of the book, my daughter asked if I could take photos of her being strong and she could write about how she is strong. So glad to have come across this book!

This book is just amazing. The photography is beautiful, and the short and simple quotes from all the girls are powerful. I love the few paragraphs of vision for each section, as well. It's a perfect book to flip through for encouragement and inspiration for any girl.

"Each time I see a little girl  
Of five or six or seven  
I can't resist a joyous urge  
To smile and say  
Thank heaven for little girls....."

This book is an absolute visual treat. It reminds me of myself when I was a

little girl. Tomboy, outspoken, stiff upper lip, taught by my Daddy how to box and hold my fists to defend against bullies who were almost twice my size. (I'm still short and petite....barely 100 lbs and 4 ft 10 in). I am an only child. My father decided to raise me as his "boy". So I learned to play baseball, bait my own fishing hooks, climb trees, not cry when I fell out of trees, not be afraid of the dark, not to cry when I scraped my knees while playing, be responsible for my pets including digging their graves and burying them when that time came, not be afraid of bullies who shoved me out of lines, not be afraid of bullies who aimed at my face during the game of dodge ball, and not be afraid of bullies who threw hurtful taunts at me because of my dark skin and ethnicity. They said it was good I was an "outlier" because people who were "outliers" were better adjusted to life's challenges and could swing with the punches. The bamboo bends with the wind or breaks. Both parents encouraged my being somewhat scrappy. My parents said I had to learn how to fight my own battles and eventually be able to live on my own without any help. They never really complimented me for being "pretty". They always praised me for being an excellent student, for being a good sport and team player, for being honest even when it put me at odds with the majority opinion. This book is a gift I am going to give to so many little girls and big girls I know. This book, and the DVD of my now all time favorite movie, Wonder Woman (starring Gal Gadot). will be my Holiday Season gift for all the little and big girls of my acquaintance. If you know a girl (little or big), pay her the compliment of telling her you understand where she's coming from, with this volume of inspiring photographs. And if you're feeling generous, also give the gift of this summer hit movie, Wonder Woman (featuring Gal Gadot and Chris Pine). The girls photographed in this book will make you feel proud you were born a little girl. They will inspire you to remember who you really are and motivate you to set an example of those little girls who look up to you for leadership and a model of the kind of adult they want to become. Thank heaven for little girls.

I pre ordered this book and could not wait to open it when it arrived. It was worth the wait. As the mom of two young girls, this will stay out and accessible. The pictures are beautiful and the stories are inspiring. I plan to use it as a gift for the strong women and girls in my life!

We purchased this book as a present for our 8 year old granddaughter and cannot wait until we can begin reading to with her and having this very important conversation. The photography is superior and supports the image and self-concept building message for girls.

I purchased this book for my 7 year old daughter because I wanted her to have positive female role

models that were in her age group. She absolutely loves the book. We have been reading it together and talking about the accomplishments of the young girls featured in the book. However, I often find my daughter looking at the book herself and she will come up to me and tell me how such-and-such girl does something that she too likes to do. The pictures are terrific. It has a nice binding and high quality paper. I would recommend this book without reservation.

Fantastic book for girls! I bought this book for my entire 5th grade Girl Scout troop. It was a huge hit by the girls and their mothers! It's perfect for this age group of 11-12 year olds especially as the move onto junior high next year. No drama in this book! Just positive quotes about being being happy within yourself! LOVE IT! I've recommended it to our doctors office, the school library and other Girl Scout troops.

AMAZING INSPIRING my 9 yr old daughter is so strong athletic & beautifully glowing from inside out ~ this book has helped her embrace who she is - hasn't been able to put it down... read it cover to cover as soon as she got it! Also gifted a copy to both her cousins who are also strong girls becoming young women who can't hear this message enough ~ so THANK YOU Kate T Parker your book & words are a gift to our daughters as you as a Mom totally "get"! GRATEFUL & Blessed to have found it & passing on this treasure to others like wildfire to share in helping us grow our kids to be their true authentic FIERCE FEARLESS & FABULOUS selves ~ so timely yet timeless & classic mantra for generations of strength kindness passion & purpose to ultimately make our world a better place with positivity that's contagious & infuses women around the world both young & old alike!!!

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