

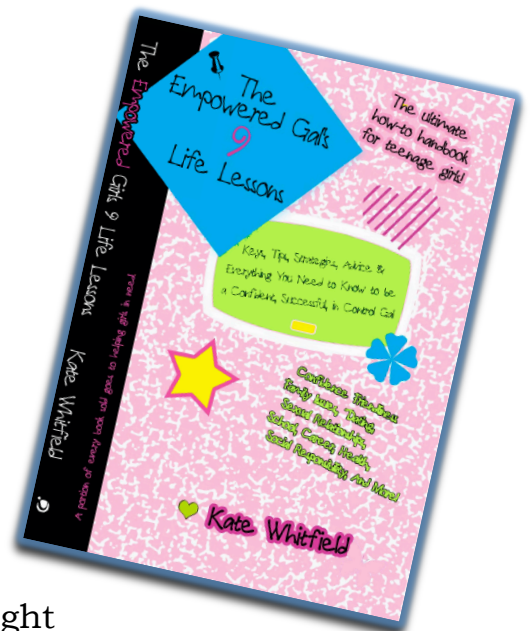
Empowered Gal

Empowering 100 Million Girls.

♥ about the book:

THE EMPOWERED GAL'S 9 LIFE LESSONS!

The Empowered Gal's 9 Life Lessons (for gals 11-17) is like a conversation with an older, wiser, best friend, and contains tips, strategies and advice that offer real life, powerful insight into the struggles teen girls face today and proactive ways in which they can do better and be greater. It empowers girls to make the right decisions, and gives them the inside scoop on everything to do with being a girl in the '00's, from dating and relationships to school, career and giving back, as only somebody who was "just there" could do. It's a fun "must read" for teen girls and parents alike.



"Would you like to be able to go anywhere, anytime and feel confident? This fun, fascinating book shows you how. It's full of situations you can relate to and suggestions you can use immediately to be exactly who you want to be now, not someday."

-Sam Horn, Author of [What's Holding You Back?](#)



"This book gives teen girls everything they need to know for the Real World. It's like talking to a best friend or older sister." -Diem Brown, cast member of the Real World, and founder of [L4TC.com](#).



"...This book is proof that Kate is the absolute go-to gal for empowerment! Packed with big sister style advice that girls will actually be able to use, it's a must-have read for girls who want to kick ass!..." - Lisa Clark - teen life coach and author of the Lola Love go-for-it girl guides for girls - [www.lolasland.com](#)

Editors Choice Recipient!

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♥ *what girls are saying*

"Kate is such an inspiration to me, I can't believe how much she's done, and she's only 22! She makes me feel like I can follow my dreams too!

-Anna, 15, New Jersey

"You are like the girl version of Dr. Phil for our generation. Very cool." - Theresa, 17, Vermont

"Finally something for girls that is totally relatable. Kate is like a way cool best friend who just happens to have answers for all the crazy stuff we are going through." -Amanda, 16. Arizona

"Your fun personality added a special sparkle to the book! It was as if you were talking to your reader like she was your best friend. That may sound a little cheesy, but I really mean it. This book brings up important topics that need to be addressed to the current teen generation and will also help girls in areas of their lives that they may not be able to talk about openly with their parents." -Anna, 15

"This is not just another teen book, this is a LIFESAVER! It's like having a super smart, funny and cool older sister in a book!"-

Jasmine, 13