



Girlosophy: A Soul Survival Kit (Girlosophy series)

Anthea Paul

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“Girlosophy” is a new way of thinking about life that captures the spirit of being a woman in the 21st century. This book is a blueprint for young women seeking to find their own individual truth. It explains all a person needs to know to become a “girlosopher”: an open heart and an open mind, a direct and honest approach, the courage to fail, and an understanding of the spirit within. Yoga, meditation, and karma are all noted as essential to re-centering one’s mind and giving young women a spiritual base from which to work. This new philosophy for girls is designed to help them take charge of their destiny and achieve their full potential. Illustrated with vivid photographs of real girls from all over the world, this book provides concise, useful advice about how young women can embrace their physical health, intellectual and emotional balance, individuality, and natural beauty.

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