



True Face: Be Real. Be Fearless. Be You!

Siobhan Curham

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We are living in the age of the image - the *perfect* image. From the constant bombardment of air-brushed photos, to the dubious lifestyle choices promoted by celebrities and the obsession with social media, young women are under pressure as never before to project a persona of perfection. And this is having a catastrophic effect, with girls as young as seven developing eating disorders and female self-loathing reaching epidemic proportions.

True Face shows you how to resist the pressure from the 'perfection police' and take off the masks you wear to proudly reveal your true self to the world. In chapters dealing with body image, bullying, social media, love, sex and more, Siobhan Curham encourages young women and girls to be honest, dream big, and create lives that are happy and fulfilling. *Keep Calm and Carry On* is replaced by a new mantra: *Forget the Fake and Keep it Real*. This book is a breath of fresh air. Perfect for ages 13+ - and for the *Girls* fan in her 20s/30s too!



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