

WILMINGTON, NC, October 10, 2013 **/24-7PressRelease/** -- New York City has unveiled a major project to help young girls raise self-esteem, specifically in regards to body image. The NYC Girls Project will address self-esteem issues at 75 after school programs and will include a Twitter campaign. Samantha Levine, an aide to Mr. Bloomberg, conceived the project when she became aware that very young girls were getting plastic surgery and even wearing body-shaping garments in an effort to achieve a positive self image.

"I'm so thrilled," stated Dr. Holstein, "with the NYC Girls Project. I love that people, even while sitting in a taxi, will watch 30-second videos of girls of all types, proud of who they are and what they love to do. Congratulations to NYC for recognizing the potential danger in letting our kids feel bad or sad about themselves."

"We all know that we can't all be models or superthin or even athletic. The problem is that we get caught up as a society around certain artificial values, forgetting that beauty starts inside out, not outside in."

"As a psychologist my mission is to help girls, tweens and teens value themselves. Every girl deserves to be happy in who she is and how she feels about herself. In *The Truth (I'm a girl, I'm smart and I know everything)* I made sure that the girl who keeps the diary always finds a way, even under the pressures of life, such as moving to a new town, a crush, trouble with a best friend, parents fighting, etc. to be true to herself. Every page of the book is designed to help any girl reading the book, even one who has felt bad about herself, to start to feel proud and more sure of herself. Every girl deserves to be a winner."

Dr. Holstein's book for teens and tweens, *'The Truth, (I'm a girl, I'm Smart and I Know Everything)'* is a first in positive psychology. It is a fiction book for girls, tweens and teens. Written by an 11 year old girl as a diary, Dr. Barbara has embedded within the story positive truths and concepts geared to help girls develop self-esteem and resiliency. Sky Pony Press will be publishing *The Truth* in the summer of 2014.

Sky Pony Press, the children's imprint of Skyhorse Publishing, launched its first list in Fall 2011 and has about 100 books in print currently. Sky Pony publishes picture books, middle grade, YA, and children's nonfiction titles, with an emphasis on books that inform children of the world in which they live and promote good self-esteem, good citizenship, and a love of reading.

Her second book in *The Truth Series* is *'Secrets: You Tell Me Yours and I'll Tell You*

Mine...Maybe!' Now the girl is 13. She handles many adolescent issues, including a crush, moving, a death in the family, feeling fat and problems with girlfriends. 'Secrets' provides a book kids and parents and grandparents can share and use as a sounding board for needed communication between the generations.

Both 'The Truth' and 'Secrets' are great for grandparents, older siblings and teachers to establish lines of communication with the tweens in their lives. Both books will be re-released by Sky Pony Press.

In addition to running a thriving practice, Dr. Holstein is a very successful author across many genres. She is available for media interview and can be reached using the information below or by email at [drbarbara@enchantedself.com](mailto:drbarbara@enchantedself.com). All of her works are available at Amazon, Barnes and Noble and all other online retailers. More information is available at her website.

Dr. Barbara Becker Holstein, internationally known Positive Psychologist is the creator of The Enchanted Self , a positive psychology method for increasing happiness. Dr. Holstein has been a school psychologist for over 25 years. She is in private practice in Long Branch, New Jersey with her husband, Dr. Russell M. Holstein.

Dr. Barbara speaks regularly on radio programs around the country, and appears on television in New York and New Jersey. Her inspiring audio shows and podcasts can be found on the web, along with hundreds of her articles and stories. She has been a contributor to Heart and Soul, Cosmopolitan Magazine, Redbook, Real Simple, The Wall Street Journal, Time on line, and Family Circle Magazine.

Her pathfinder book 'The Enchanted Self, A Positive Therapy' was published in 1997 by Harwood Academic Publishers and is now in its second printing through Brunner-Routledge. Her second book 'Recipes for Enchantment, The Secret Ingredient is YOU!' has received rave reviews as a wonderful inspirational story book. 'DELIGHT', Dr. Holstein's third book is available in two versions, paperback and a CD-rom that includes music, art, and Dr. Holstein's voice.

Other works include 'The Truth, (I'm a girl, I'm Smart and I Know Everything)', 'Secrets: You Tell Me Yours and I'll Tell You Mine...Maybe!', 'Next Year In Jerusalem: Romance, Mystery and Spiritual Awakenings' and 'Next Year In Jerusalem Part Two: Around Every Corner Mystery &

Written by Australian Business

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Romance in the Holy Land'.