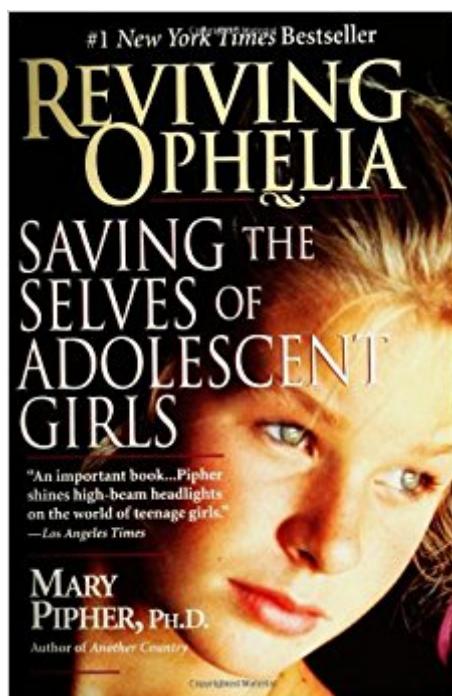


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Reviving Ophelia: Saving The Selves Of Adolescent Girls



Synopsis

#1 New York Times Bestseller The groundbreaking work that poses one of the most provocative questions of a generation: what is happening to the selves of adolescent girls? As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the girls themselves. Crashing and burning in a "developmental Bermuda Triangle," they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a "girl-poisoning" culture that propagated values at odds with those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, *Reviving Ophelia* is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self.

Book Information

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Customer Reviews

At adolescence, says Mary Pipher, "girls become 'female impersonators' who fit their whole selves into small, crowded spaces." Many lose spark, interest, and even IQ points as a "girl-poisoning" society forces a choice between being shunned for staying true to oneself and struggling to stay within a narrow definition of female. Pipher's alarming tales of a generation swamped by pain may

be partly informed by her role as a therapist who sees troubled children and teens, but her sketch of a tougher, more menacing world for girls often hits the mark. She offers some prescriptions for changing society and helping girls resist. --This text refers to an out of print or unavailable edition of this title.

From her work as a psychotherapist for adolescent females, Pipher here posits and persuasively argues her thesis that today's teenaged girls are coming of age in "a girl-poisoning culture." Backed by anecdotal evidence and research findings, she suggests that, despite the advances of feminism, young women continue to be victims of abuse, self-mutilation (e.g., anorexia), consumerism and media pressure to conform to others' ideals. With sympathy and focus she cites case histories to illustrate the struggles required of adolescent girls to maintain a sense of themselves among the mixed messages they receive from society, their schools and, often, their families. Pipher offers concrete suggestions for ways by which girls can build and maintain a strong sense of self, e.g., keeping a diary, observing their social context as an anthropologist might, distinguishing between thoughts and feelings. Pipher is an eloquent advocate. Psychotherapy Book Club selection; BOMC and QPB alternates. Copyright 1994 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I rarely do not put a book down without finishing it, but I can't read anymore of this book. I bought it because it was recommended, along with "Raising Cain" (on boys) for a parents' program at a nearby school. Since I have grandchildren who will soon be going into adolescence, I thought I should read both books. I must also add that I taught for 46 years, mostly at the community college level but at times in social service settings, and I am now a volunteer at a city elementary school. My mother had a wonderful adolescence in the 1920s, mostly because her life was filled with satisfying activities provided by her parents and high school, Isn't it obvious that is what girls need? In contrast, had a horrible adolescence for many reasons. Would that therapists existed then, I would have appreciated the guidance.. I loved teaching because I could steer students into something they felt could help them develop their potential. One reviewer said there is not hope in this book. I think that is what is wrong with it. Where is the analysis of how this culture is sucking the vitality out of girls? All I see are depressing case studies that go nowhere. Didn't the author have an editor? The book is also a bit dated. It came our 23 years ago, and since then there has been much greater awareness of the the issues facing adolescence: bullying, the beauty complex, ect. There's much more opportunity for help now."Raising Cain," however, is very well written and full of hope.

Also written by therapists, it is inspirational because readers see the boys opening up as parents and therapists help them solve their problems.

Pipher opens the world of today's adolescent girls to show that what they face is in no way similar to what their mothers experienced twenty years ago. Today, girls think of it as part of growing up to have problems with family, violent relationships, eating disorders, suicidal thoughts, depression, rape, substance abuse, and sexual violence. Pipher makes it very clear that our adolescent girls are slipping through the cracks. They have no where to turn when life gets tough. She give suggestions on how to prevent our daughters from being exposed to such an awful adolescence. It is inevitable that they will face hardships, but should our daughters think being raped is "just one of those things that happens"? No, according to Pipher, girls should not have to think that. And are eating disorders just a stage all girls will pass through? No, Pipher says, eating disorders are very serious and require medical attention. Does every teenage girl experiment with drugs, alcohol and sex? No, Pipher says, those girls need to get help. Pipher's book is not a "oh, no, what is wrong with this world?" kind of book. *Reviving ophelia* is a book aimed at SAVING our daughters before they fall too far to be helped

I wish I had had this earlier in my life, but, then, the author is of my generation, so it wasn't to be ... this is a must read for modern mothers (especially) and fathers for the key to understanding the life changes of their daughters. I am a priestess who officiates girls coming of age rites within my spiritual community and I plan to incorporate some of Pipher's ideas in a revised version of my ritual this year. Pipher still has her pulse on the young women of this world, no matter the publication date of this book...the things, I believe, are still relevant to the young women of this current generation. Pipher leads us through the mine-fields of these emerging young women with caring and experitese that also speaks for the young women themselves as well as to the adults involved in their lives. I highly recommend this book and would love to see a revised version published by Pipher to speak to the technology that affects the more recent women too.

This is the second time I am purchasing this book for myself. The first time I purchased *Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher, it was because my own daughter was going through a very rough time and I wanted to understand her better and find out if there was something that I could do. I received a great deal of insight and guidance from this book, which goes to great lengths to show the difficulties faced by girls in our society. Between unrealistic magazine

ads and unreachable goals and the self-esteem issues of young girls, the author has managed to touch on the sensitive and emotional time this can be for adolescent girls. The reason I am purchasing this book a second time is because I loaned my first copy to a mom who needed it more than I did, and she kept it and relied on it and I'm happy for that. Now, I need this as a text book for a college class and it is required reading. Of course, I love the book and will enjoy revisiting the content. FYI: My two girls have grown up to be women that I am proud of every day. I think this book had something to do with that. Thanks for reading my review. Hope it helps you make a decision on your purchase.

Brilliant and sharply written, while still being delicate -- and all backed up with research and experience as a clinician. This book and the way it tackles gender was ahead of its time and is 100% still relevant and accurate, despite being written in the 90s.

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