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\* Be pretty, sweet, and nice \* Be athletic, be competitive, and get straight A's \* Be impossibly perfect That is the premise of The Triple Bind--that the expectations for young girls growing up in today's society have gone overboard--expectations set impossibly high and difficult to achieve. A girl is supposed to be good at "girl stuff", like friendships and emotional support of her family, yet excel at "boy stuff", like math

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## [(The Triple Bind: Saving Our Teenage Girls from Today's ...

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The Triple Bind is possibly the greatest current threat to our daughters' health and well-being, an enormous obstacle to their becoming healthy, happy, and successful adults. Each portion of the Triple Bind is challenging enough. But it's the combination of all three aspects that makes it deadly: 1. Be good at all of the traditional girl stuff. 2.

## The Triple Bind: Saving Our Teenage Girls from Today's ...

The triple bind : saving our teenage girls from today's pressures / Stephen Hinshaw ; with Rachel Kranz. Format Book Edition 1st ed. Published New York : Ballantine Books, c2009. Description xx, 228 p. ; 25 cm. Other contributors Kranz, Rachel. Notes Includes bibliographical references (p. [187]-228). Contents

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