



# The Blueprint for My Girls: How to Build a Life Full of Courage, Determination, & Self-love

*Yasmin Shiraz*

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Have you ever wished that someone had told you ahead of time how a problem could be avoided?

Do you feel like no one understands where you're coming from?

Now there's a blueprint that can offer you comfort, motivation, and real solutions.

When Yasmin Shiraz launched *Mad Rhythms*, a hip-hop magazine aimed at college students, she visited youth organizations and colleges across the country to teach young people how to effectively pursue their dreams. Drawn to Yasmin's confidence and determination, young women in particular sought her opinion on topics such as body image, popularity, dating, sexuality, child-parent relationships, and social and academic pressures. Yasmin could easily speak to those issues. She struggled with many of the same concerns when she was younger.

Inspired by the common threads connecting each generation, Yasmin developed *The Blueprint for My Girls* to help young women discover who they are, develop a sense of self, and stay positive. In the book, Yasmin pairs her personal stories with 99 "expressions" designed to help readers deal with situations they may not feel comfortable discussing with friends and family. Each expression is accompanied by exercises to help readers progress on their journey.

Staying real without being preachy, *The Blueprint for My Girls* will be a solution giver, a problem solver, and a friend in need for generations to come.

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