



The Lost Art of Ladyhood

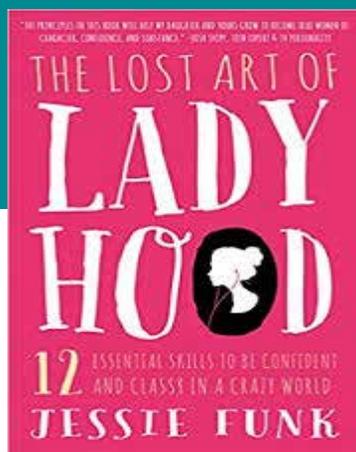
Olivia Hales

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Book Review

The Lost Art of Ladyhood

Author

Jessie Funk

Illustrator

Reviewer

Olivia Hales

Rating

Outstanding

Level

Young Adult

Pages

283

Year

2014

Publisher

Familus

ISBN

9780544932050

In this book, there are twelve chapters, each covering one of twelve skills: confidence, leadership, gratitude, self-defense, social and dining etiquette, service, health, motherhood, positive mental attitude, personal power, self-respect, and goal setting. Each chapter includes several “tales of adventure” from the author’s own experience, one or more “tools” or strategies for problem recognition and solving, and a “challenge” that encourages the reader to break down, analyze, and plan for their own situation. Interspersed are “journal times” that provide an opportunity to record positive self attributes, or identify personal patterns of thought. Each chapter may contain a synopsis of scientific studies or a quiz designed to gauge areas of weakness or strength.

Jessie Funk’s lessons and stories from personal experience are an interesting read. They cover a wide range of topics and emotional conditions. The accounts are memorable and include honest, vulnerable aspects of the author’s experience that many teenage girls will appreciate. The stories are clearly illustrated and express warning or encouragement with the overall intent of informing and protecting. The teenage audience will likely enjoy the conversational tone which encourages the reader to come to their own conclusions. The writing is full of personality and humor, with a surprisingly clear understanding of how it feels to be in a particular situation. The book also contains a lot of practical information. From psychological strategies for identifying and processing emotions, to the best way to maintain a strong, healthy body through good habits. The intelligence and self exploration offered in this book make it a strong choice for a lady of any age or situation.

*There is an explanation of what is inappropriate touch, and information given to help identify sexual predators. It treats the topics sensitively, and is not explicit or detailed.