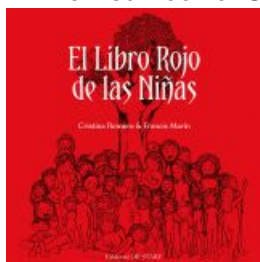


El Libro Rojo de las Niñas

The Red Book of Girls



Author: [Cristina Romero Miralles](#) [1]

Publisher: [Editorial OB STARE, S.L.U.](#) [2]

Language: Spanish

Year of Publication: 2016

Pages: 50

Number of editions: 3

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Genre: Literature

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This book was created as a guide for girls on their road to puberty and maturity. Using poetic language, in harmony with the illustrations, it offers a real, natural image of girls, moving away from the hyper-sexualized image promoted by our society and culture. It is not yet another book contributing to the desire to have a different type of body, a thinner or fuller one, with more or less curves. Its purpose is to help us on the path of loving ourselves unconditionally, a difficult task in a society that pushes girls from a very young age to want to change who they are with publications flooded with images of girls wearing make up and dressed up as objectified women. In this book, girls are powerful precisely by being themselves and respecting themselves. It is also a book for all women as it helps us heal the wounds of our own childhoods.

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CIF: B38703849

Address: Las Toscas Portezuelo, 86

Contact: Eva Darias

Phone: 669019472

E-mail: obstare@obstare.com [3]

E-mail: eva.darias@obstare.com [4]

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