

**The Gutsy Girl: Escapades for Your Life of Epic Adventure** by Caroline Paul, Wendy MacNaughton

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## **The Gutsy Girl: Escapades for Your Life of Epic Adventure Book Content Preview:**

Why should girls miss out on the joy of adventure? They can jump off rocks, swing on ropes, and climb trees just as well as boys can. But girls often allow fear to stand in their way. In The Gutsy Girl, author Caroline Paul emboldens girls to seek out a life of exhilaration. Once a young scaredy-cat herself, Caroline decided that fear got in the way of the life she wanted--of excitement, confidence, self-reliance, friendship, and fun. She has since flown planes, rafted big rivers, climbed tall mountains, and fought fires as one of the first female firefighters in San Francisco. In The Gutsy Girl, she shares her greatest escapades as well as those of other girls and women from throughout history, and offers engaging activities such as confidence-building stances, creating a compass, positive self-talk, and using crickets to estimate outside temperatures. Each section includes a place for girls to

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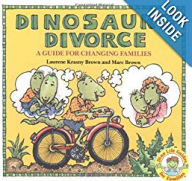
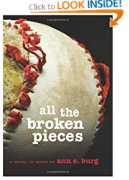
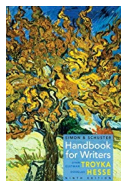
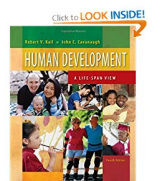
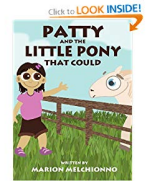
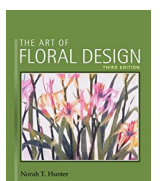
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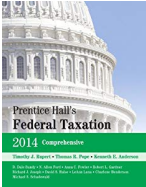
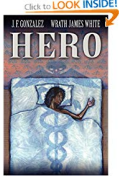
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