

# **Girl World: How To Ditch The Drama And Find Your Inner Amazing By Patricia Ottaviano**



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But soon I was to find out that it didn't matter whether I went to parochial I also became an "includer" with my own inner world of feelings and

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Whatever the case, you probably have at least a little drama in your life that you'd like to minimize. When I'm focused and calm, so is the world around me. Eliminate it by finding the courage to say exactly what you mean. .. Than he gets engaged to this girl and lies to me saying he's been seeing other women at his job

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## **Meet a millennial author & speaker empowering thousands of girls**

Patricia "Trish" Ottaviano is the author Girl World: How to Ditch the Drama and Find Your Inner Amazing and the founder of the non-profit, Sister

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Find out what the experts had to say about raising a powerful girl. Wilson & Ditch or play an instrument, for example, instead of being swept up in online drama. a walk, or just sitting reading — you will eventually be let into her inner world. .. I love that you just showed what an amazing strong woman you are with your

## **Ditch the friend drama once and for all! | dr. julie hanks**

Another way to ditch the drama is to keep your own feelings in check. This might sound harsh, but the world doesn't revolve around you. I know a young woman who experienced the pain resulting from We all have our inner teenagers, those parts of our personality that haven't quite matured yet.

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Navigating insecurities and finding trusted friendships can be particularly challenging for teenage girls, acknowledges Ottaviano, founder of the

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### **Sister-soldier | about the founder**

Patricia is a motivational speaker and the author of Girl World: How to Ditch the Drama and Find Your Inner Amazing, a book written specifically for young girls

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