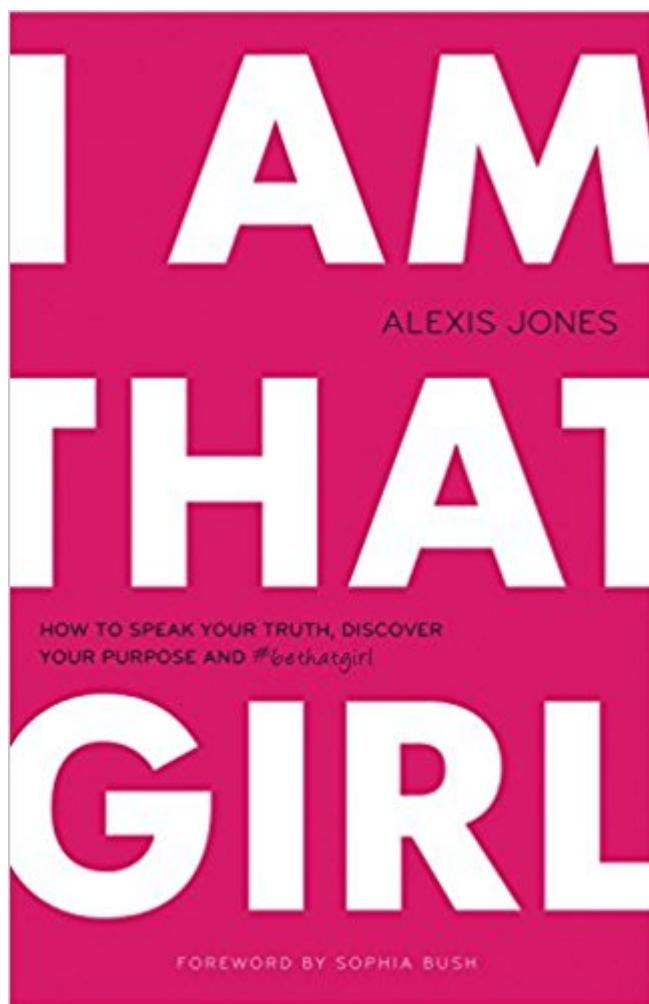


The book was found

I Am That Girl: How To Speak Your Truth, Discover Your Purpose, And #bethatgirl



Synopsis

In a crazy, media distracted world the important questions often get lost like: What's your passion? What's your purpose? Who do you want to be? Alexis Jones has built a career listening to and helping girls around the world figure out those questions in order to inspire them to think for themselves, to speak their truth, to discover their purpose, and to dream HUGE! Alexis believes that you're not broken nor do you need to be fixed. You already are that girl who creates magic wherever she goes, who lives fearlessly, who inspires those around her to dream bigger, and who will leave the world better, just for having been in it. Stop listening to that voice inside your head that tells you you're not good enough. Stop worrying that you don't have the perfect body, perfect job, perfect relationship, or perfect anything for that matter. Stop letting other people draw boundaries and limits around your life. And start living the life that you truly want (now!), the one you didn't think you had the courage to imagine, but the one that's absolutely possible! Including stories from thirty incredible women, Alexis has compiled everything she's learned into one complete guide to being That Girl, the best version of you.

Book Information

Paperback: 240 pages

Publisher: Evolve Publishing (March 18, 2014)

Language: English

ISBN-10: 0989322289

ISBN-13: 978-0989322287

Product Dimensions: 5.5 x 1 x 8.5 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 123 customer reviews

Best Sellers Rank: #6,471 in Books (See Top 100 in Books) #43 in Books > Politics & Social Sciences > Social Sciences > Gender Studies #50 in Books > Self-Help > Self-Esteem #65 in Books > Politics & Social Sciences > Women's Studies

Customer Reviews

"I AM THAT GIRL feels more like having a conversation with your best friend than a cheesy self-help book. It's hilarious, inspiring with a sprinkle of tough love." Hilary Duff "This book will inspire you to find your own truth and Alexis will hold your hand every step of the way on that awesome journey." Kristen Bell "Alexis Jones is walking the walk and she's tapped into a community of young women who do the same. This book is filled with

revelations from powerful and inspiring women who dance to their own drumbeat." —Kate Bosworth "Alexis is here to transform the reality of what it is to be female and I AM THAT GIRL isn't just a book, it's a call to action. It's a manifesto for the 21st century GIRLS movement and Alexis leads this mission with the truest grace and humility. I am honored to call her my friend, and I am honored to follow her lead." —Bryce Dallas Howard

Alexis Jones is a thought leader for the 21st century women's movement and an expert on Generation Y. A Texas native, Alexis completed her undergraduate and Masters from the University of Southern California. Alexis is the founder of the non-profit I AM THAT GIRL, and is an internationally recognized speaker, media personality, and activist. Accompanied by major influencers in media, Alexis and I AM THAT GIRL presented their Healthy Media initiative in Washington, DC to The White House Council on Women and Girls. Alexis began her media career by hosting live television on the red carpet, working at FOX Sports and ESPN, and as a contestant on the hit CBS show: Survivor. As Alexis' impact has grown, so has her recognition. She was featured as one of AOL's MAKERS Video Series along with Oprah Winfrey, Ellen DeGeneres, Hilary Clinton, and Sheryl Sandberg; and she was featured as a life coach on MTV's hit series MADE. She was highlighted as an Ambassador for L'Oreal's new STEM initiative, and listed as one of DELL's #Inspire 100 List, Fast Company's "Female Trailblazers" and ESPN's Pop Culture's Top Ten. She's been featured in numerous outlets, including NPR, Glamour, Women's Health, The Huffington Post, and The LA Times. Alexis is igniting a movement and spreading her message of turning self-doubt into self-love. (10% of the book profits will go to support I AM THAT GIRL 501c3). National non-profit organization I AM THAT GIRL was founded in 2008 by Alexis Jones and Emily Greener to address the growing need for community for girls and young women by helping to build self-esteem and realize their full potential. Recognizing the potential dangers of living in a digital age, consumption and media definitions of what is beautiful, the organization has an interactive platform with content designed to inspire and encourage. The organization helps girls and young women throughout the country to create support and community through the establishment of local chapters who meet regularly to discuss and share feelings about relevant and pressing topics such as bullying, current events, eating disorders among others. I AM THAT GIRL provides the curriculum to help guide discussion and provide ideas for calls to action.

I absolutely loved this book. I have so many tabs in it to go back and refer to pages for self growth and growth in my business and leadership! I really enjoyed all of the little stories from other women

that pulled it all together and helped show you are not alone and struggle. Very impressed by this book and would highly suggest to anyone trying to become a better version of yourself, an amazinf leader, and making that difference!!!! Just do it. Stop doubting yourself! #BeThatGirl

Alexis Jones has an amazing perspective on life and I've learned so much about myself from this book. I love that there are perspectives from several women throughout the book on different topics. Any young woman should read this book!

There are parts of the book (pieces of advice) that are clearly aimed at women younger than me, but as a nearly-fifty-year old with a newly-empty nest who is *re* discovering her passions, I thought this was a great read! I'm not big on self-help, most of it is just good advice and common sense, but the good advice and common sense here were delivered up by Ms. Jones in an upbeat, easily approachable way that never felt preachy; it was more like sitting down and talking to a friend than it was reading a book). It is definitely a book I would get for a younger person (including my daughter)--but we all face moments in life where we feel a little lost, moments where we need to figure out who we are (or who we want to be) and re-ignite the creative fires and remembering how to fly. There is no age-limit on seeking your dreams, no matter *what* society tells you.

I LOVE this book. It has helped me to learn so much about myself that I didn't realize, like why I keep things to myself and why I don't try something new. Because of this book I have been able to open up just a little bit more and find out who I really am and who I am suppose to be.

I really loved reading this book! Alexis Jones writes in a more conversational and relatable way that gets her information across very nicely. It is an empowering book for young women. It definitely gets you thinking about who you are and what your purpose is. The stories from other successful women made you feel like you are not alone in your thinking or what you do and how you feel. Great read and highly recommended!!

I'm loving this book. I love that it not only reaffirms what I feel but it encourages me to strive higher. The real stories that help explore each topic help me to really connect with each theme and subject within the book.

Learn about who you are in this book

This book is amazing. Really empowers girls while staying on a positive note rather than focus on what all we are doing wrong. I will give this book to every college girl I know !

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