



## FACT SHEET

### ***Laid or Loved? The Secrets Guys Wish You Knew About Being a Dream Girl Instead of a Just-In-His-Jeans Girl***

**By Jennifer Austin Leigh, PsyD**

- Published by Ignite Reality Press, 2009. Cost: \$15.95
- Self-help book for teen girls struggling to love, cherish and accept themselves.
- Based on a survey of more than 200 teenaged boys about their feelings about sex, love and teenaged girls' behavior. The findings are included in hundreds of quotes, statistics and tips.
- Promotes the development and nurturing of self-respect and respect for others.
- Shows how teenaged boys positively view girls who have self-respect.
- Reveals 38 secrets guys wish girls knew about being his Dream Girl, instead of a Just-In-His-Jeans Girl.
- How the media has shaped girls' negative self-images and put constant pressure on them to be hypersexual. How to override that compulsion.
- How girls can get rid of their "Itty Bitty Shitty Committee" – their inner, critical voice that reinforces low self-esteem and makes them act out in more self-destructive ways.
- How girls recreate old wounds in their relationships with boys in an attempt to heal, but how doing so subconsciously can back-fire. A "Growing-Up Wounds Quiz" helps girls find out what's been causing them to make poor choices for themselves. How to truly get past your old wounds in a healthy way.
- 98% of teen boys said they'd rather have a relationship with a girl who is a good listener than a "hottie." Listening Landmines, quiz and how to avoid them. How to become a Detective Listener.
- How to build your Trust Account with your friends and boyfriend...both in-person and via communication technology.
- Gossiping, dissing, nagging, mommying, jealousy...how to cope with their temptation.
- Self-confidence: where it comes from, how to get more.
- Partying too much, being a drama queen/spotlight girl: how to turn off the guys fast.
- The reputation wreckers: promiscuity, sexual aggressiveness (being a "hyena girl"), using boys for sex. How to heal your rep in the Reputation ER.
- Knock that Off! The things guys wish you'd stop doing.

*For more info, go to [www.drjennforgirls.com](http://www.drjennforgirls.com) or contact Amy Logan: (415) 419-5557 or [amy@amylogan.com](mailto:amy@amylogan.com).*