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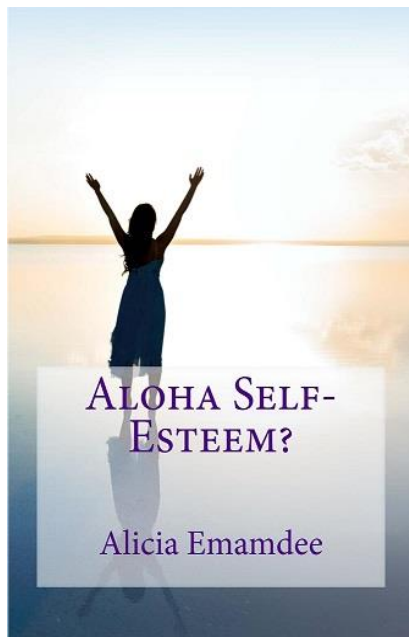
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Alicia Emamdee Uses a Different Approach With Her Novel for Teen Girls on Gaining Self-Esteem, Self-Confidence and Finding Love.

Alicia Emamdee, the creator of For She Is Beautiful, LLC, a website dedicated to empowering and motivating women, teen girls and girls of all ages, has written *Aloha Self-Esteem?* the story of a soon to be 16 year old girl, who, despite the pressures placed on women and teen girls to look perfect, attempts to gain high self-esteem as she comes into her own and tries to find love. Unlike most self-help books, *Aloha Self-Esteem?* is written as a fictional love story in order to maintain the reader's interest. Created specifically for teen girls, the novel provides ways to help increase self-esteem and self-confidence.



The book is designed so that teen girls can relate to the main character, Jennifer Gonzalez, as she maneuvers her way through the ups and downs of improving her self-esteem while simultaneously attempting to gain enough courage to interact with her guy crush. As Jen discovers ways to boost her self-esteem, she encourages the reader to do the same by participating in each activity as she engages in them as well. Told from her point of view, the reader follows Jen on her journey of self-confidence, friendship and love as she tries to empower, motivate and inspire herself to become the young woman she has always wanted to be.

Alicia Emamdee has an M.S. in Mental Health Counseling and has eight years experience working with children and adolescents. As a Registered Mental Health Counselor Intern, she worked as a Child and Family Therapist at a mental health agency in South Florida but was forced to stop working due to an illness called fibromyalgia. She is currently working on her second novel in her self-esteem book series for women in their 30s and 40s.

For additional information about the book, contact Alicia Emamdee at ForSheIsBeautiful@gmail.com. Copies of *Aloha Self-Esteem?*

(ISBN-13: 978-1495247903, ISBN-10: 1495247902) are available on Amazon.com in paperback and ebook forms.