



Michelle Blackley, 917/916-3030, michelleblackley@literarypublicist.us

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## **THE TRUTH (I'm a girl, I'm smart and I know everything) receives top Amazon ranking**

*Self published YA book in the company of large house produced reads*

December 22, 2008, Long Branch, NJ –THE TRUTH (I'm a girl, I'm smart and I know everything) by Dr. Barbara Becker Holstein is ranked #8 under “Being a Teen” on Amazon.com. In its company are books published by large-scale publishing houses.

Author Dr. Barbara Becker Holstein is the originator of The Enchanted Self, a focus on positive psychology. She has been a positive psychologist in private practice and licensed in the states of New Jersey and Massachusetts for over 25 years.

“I felt there was a need for THE TRUTH to be put into the marketplace and the fact that it’s climbing through the ranks on Amazon is an indication that need is being fulfilled,” Dr. Holstein said.

THE TRUTH is filled with wisdom that is not only life changing for girls, but truths every parent could also begin integrating into their own lives. These truths can help us connect not only with our own children, but also with our beautiful inner child.

Readers agree. “Once we're grown up, we think we remember what it was like to be a kid. But we forget so many of the details, the feelings, the (mis) interpretations that kids make,” Linda Sapadin, Ph.D., said in a review. “ This book is great for pre-teen girls and for parents who want to know more about what their pre-teens might be thinking and feeling. It's written in diary form, is an easy read and despite the girl's angst, it's quite a hopeful book with exploratory questions for kids to follow-up on.”

Dr. Barbara speaks regularly on radio programs around the country, and appears on television in New York and New Jersey. Her inspiring audio shows and podcasts links can be found here. Her articles and stories appear on the web on hundreds of sites. She also gives lectures, seminars, and tele-classes on happiness.

THE TRUTH (I'm a girl, I'm smart and I know everything) can be found on Amazon.com at [http://www.amazon.com/Truth-Girl-Smart-Know-Everything/dp/0979895200/ref=pd\\_bbs\\_sr\\_1?ie=UTF8&s=books&qid=1229633840&sr=8-1](http://www.amazon.com/Truth-Girl-Smart-Know-Everything/dp/0979895200/ref=pd_bbs_sr_1?ie=UTF8&s=books&qid=1229633840&sr=8-1)

Dr. Holstein is available for interviews. Find her online at <http://www.enchantedself.com/>, or [www.thetruthforgirls.com](http://www.thetruthforgirls.com). For more information contact publicist Michelle Blackley at [michelleblackley@literarypublicist.us](mailto:michelleblackley@literarypublicist.us) or 917/916-3030.