



The Real Deal: A Spiritual Guide for Black Teen Girls

Billie Montgomery Cook

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Navigating life can be a challenge for any teenager, but some issues and struggles are unique to African American teens. This book offers some real life guidance that many African American teen girls need. Billie Montgomery Cook addresses a wide range of topics—including body image, self-esteem, sexuality, friendship—that are of particular importance to teens.

All of the subject matter is framed within the context of a young woman's developing Christian faith. Using a trendy language and style that will appeal directly to young African American girls, the author offers comfort, counsel, advice, and hope. Each chapter concludes with a short, faith-affirming prayer from the author to her readers as well as space for readers to write a prayer of their own. This book is based on the author's communication with her own teenage daughter.

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