



Butterfly Tales: Motivating Stories of Transition and Resilience for girls and young women

Tierica Berry

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Butterfly tales is a compilation of motivating poems and stories of trials, tribulation and triumph for girls and the ones that care for them. Butterfly tales uses the life cycle of the butterfly as an analogy to illustrate real life issues our young women are faced with on a daily basis as they transition from childhood to womanhood. Each reader will witness the journey of the slow, insecure, shy caterpillar fumbling through challenges and trying to find herself. While in her cocoon stage she becomes aware of herself and sheds her insecurities and low self-esteem to find her voice. Finally she gains her confidence as she completes her last stage of metamorphosis transitioning into the strong, confident, intelligent, and beautiful butterfly she was destined to be. Butterfly Tales covers the following topics: Transition Rising above Low Self Esteem Gaining Self-respect Overcoming Life Changing Events Making Decisions Facing Consequences Identifying Health and Unhealthy Relationships Bullying Peer pressure Parenting Issues Standing tall in the face of fear Mastering one's Emotions Becoming Resilient

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