

Rescue you  
Mind-read your needs  
Know your body better than you

Always fight back  
Ask for it  
Say you want it  
Cherish your solitude  
Take trains by yourself to places  
you have never been  
Sleep out alone under the stars  
Learn how to drive a stick shift  
Go so far away that you stop being afraid of  
not coming back  
Say no when you don't want to do something  
Say yes if your instincts are strong  
even if everyone around you disagrees  
Decide whether you want to be liked or admired  
Decide if fitting in is more important than finding out  
what you're doing here  
Believe in kissing  
Fight for tenderness  
Care as much as you do  
Cry as much as you want  
Insist the world be theater  
and love the drama  
Take your time  
Move as fast as you do  
as long as it's your speed.

Ask yourself these questions:

Why am I whispering when I have something to say?  
Why am I adding a question mark at the end  
of all my sentences?  
Why am I apologizing every time I express my needs?  
Why am I hunching over?  
Starving myself when I love food?  
Pretending it doesn't mean that much to me?  
Hurting myself when I mean to scream?  
Why am I waiting  
Whining  
Pining  
Fitting in?  
You know the truth:  
Sometimes it does hurt that much  
Horses can feel love  
Your mother wanted more than that  
It's easier to be mean than smart  
But that isn't who you are.

EPILOGUE: MANIFESTA TO YOUNG WOMEN AND GIRLS

- How can you keep your heart open?
- What are your hopes and dreams? Who do you want to be,  
where do you want to go, and what do you want to learn?
- How can you be true to yourself when there are so many  
things that other people want you to do and be?
- How do you want to be an activist in the world?
- What issues and causes are important to you?