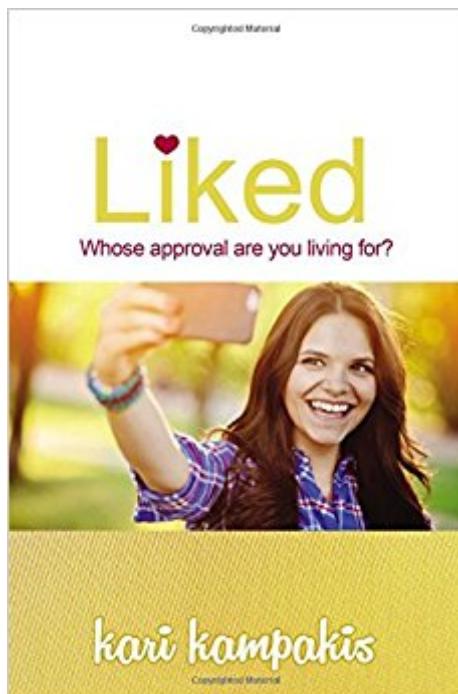


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# Liked: Whose Approval Are You Living For?



## Synopsis

For many girls it starts early. The desire to be perfect. The need for approval. The longing for acceptance and being liked by a lot of people. Thanks to social media, these desires now get channeled online. Girls can curate an image, build a following, and test-drive identities until they find one that draws attention and applause. But in this quest to be liked and noticed, girls often fail to feel loved and known. The result is a generation of girls who hunger for real and authentic relationships - yet are unclear on how to create them. From popular blogger and bestselling author Kari Kampakis comes a powerful book for girls in the digital age. Designed to empower teens and tweens through the Christian faith, it's packed with godly wisdom and practical advice related to identity, friendships, social media, and a relationship with God. Topics covered include: Living for God's approval, not human approval; Cultivating a true identity; Using social media wisely; Building a positive reputation online; Spreading kindness, love, and compassion; Distinguishing online friends from real friends; Building deep connections that last; Handling rejection, criticism, and volatile emotions; Activating your Christian faith; and Making an eternal difference, not a temporary splash. For anyone exhausted by the quest to impress - and ready to rest in God's unconditional love - Liked is the answer. Written succinctly with thought-provoking questions, it's an ideal resource for a small group or youth group study, and a conversation-starter that will quickly unite mothers, daughters, sisters, and friends by speaking to the female heart.

## Book Information

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## Customer Reviews

"As a teen, I longed for an assuring voice that said, 'Don't listen to the naysayers, the judges, the bullies, or the critic in your head -- listen to my voice, and I'll point you in the right direction.' In *Liked: Whose Approval Are You Living For*, Kari Kampakis is that voice, speaking specifically to teen girls living in the age of screens, external validation, and superficial measures of success. Using relatable anecdotes, thoughtful reflection questions, and Biblical references, Kari empowers young women to make sound decisions that will bring them closer to God and His purpose for their lives. *Liked* is truly a first of its kind for teen girls, turning down the artificial noise of her world to emphasize God's true voice of unconditional love and grace." - Rachel Macy Stafford, New York Times Bestselling Author of *Hands Free Mama* and *Hands Free Life*"As the mother of a daughter, I am so grateful for Kari Kampakis. Trying to raise kids is like a constantly moving target in today's world and her wisdom and insight helps and encourages me as I find my way in the parenting journey. *Liked* is a must-read for teenage girls to help them know to find their worth in the things that matter most." - Melanie Shankle, New York Times Bestselling Author of *Nobody's Cuter Than You*."Kari's empathy, wisdom, and compassion are gifts to all women, and I'm grateful that, in *Liked*, her life-giving, uplifting, and encouraging words continually remind teenage girls (and the rest of us!) of the joys of relational substance in a culture that can tempt us to settle for superficiality. Mamas, if you're looking for a book to read with your teenage daughter(s), this is it!" - Sophie Hudson, author of *Giddy Up, Eunice and Home is Where My People Are*"As a mom of four growing daughters I am grateful for the heart, ministry, and words of Kari. In *Liked* Kari provides girls with a combination of honesty and vulnerability that speaks directly into their realities. This is a resource I will gladly share with my girls as they navigate the twists and turns of life while keeping their focus on God's eternal truth." - Wynter Pitts, author of *You're God's Girl: A Devotional for Tweens*"Kari Kampakis has written a must-read book for every young woman who longs to be Liked. She tackles tough questions and real struggles with Biblical truth and priceless wisdom, empowering young women to live free from the pressure to pretend they are someone they aren't because they are already loved just as they are! If you want the young women in your life to see themselves through God's lens of grace, give them this book." - Jeannie Cunnion, author of *Parenting the Wholehearted Child*"*Liked* is an absolute must-read for teenage girls. In a culture where social media saturates our lives, Kari equips girls with truth regarding identity, acceptance, and authentic relationship. The discussion questions with each chapter make *Liked* the perfect book for a girl's small group." - Allison Hendrix writer/blogger at *The House of Hendrix*"As a counselor for girls and their families for over 20 years, I am grateful for any voice that speaks truth into the

lives of girls. And I trust Kari Kampakis' voice to help girls do just that: to grow up anchored to the truth of who God is and how he has designed them to be more than just Liked. Thank you, Kari, for directly, graciously, and relevantly voicing the truths that girls today need desperately to hear." - Sissy Goff, M.Ed., LPC-MHSP, Author, Speaker, and Director of Counseling at Daystar Counseling Ministries in Nashville, Tennessee "Liked is a godsend for our youth. Kari Kampakis reminds our youth that the power of social media can and should be used for good, but that true identity is not built online. When we find our approval in God's grace, then (and only then) can we discover our own unique identities." -Catherine Montgomery, Director of Children's Ministry, Christ Episcopal Church, Ponte Vedra Beach, Florida

Would you rather be liked online - or loved in person? Social media is great. But for girls growing up in a generation saturated with social media, getting enough "likes," comments, and online friends can become an unhealthy obsession. In *Liked*, Kari Kampakis offers positive and powerful insights to help girls navigate the digital age. Applying God's timeless truths to modern realities, this unique resource dives deeply into topics like social media, friendship, identity, and faith - while ultimately encouraging habits that lead to real and lasting relationships. *Liked* can help girls think through those questions that may stir wildly in their mind and heart, such as: Who am I? What is my purpose? How can I change the world and make an eternal difference? How can I love myself when I feel unlovable? For anyone tired of the quest to impress - and ready to rest in God's unconditional love - *Liked* is the answer. This book is a conversation-starter that will quickly unite mothers, daughters, sisters, and friends by speaking to the female heart and addressing the need for approval with wisdom, hope, and grace.

In the age of social media, *Liked* is a timely book with wise words that speak to teen/tween girls, but truly resonate with women of all ages. Kari Kampakis doesn't preach, rather she lays out the truths of the world around us and God's truths in a way that is accessible and keeps girls reading. Social media with all of its positive and negative aspects is a fact of life, and Kari sets a path for girls and women to remember their true purpose and how to embrace the world around us and use it for good and for God. The book is perfect to read with a group or individually. It brings up many great talking points, and it is a must read for girls and women alike.

Just received this book today, I've been reading it, I haven't gotten far but it's amazing so far!! Can't wait to read the rest of the book this week.

Liked is an amazing book for teens and tweens but also for Moms as well. In the race of social media - Moms want to be liked as well and sometimes find more happiness in being liked on social media vs being unliked by their teenage children. Authentic relationships and friendships are ultimate goals for everyone and truly can't be found through social media. Kari reveals the importance of a relationship of love and acceptance with God the Father which is filling unlike the empty relationships social media has to offer!

Love this Author and all of her work. Great book for tween /teen girls ! Definitely would recommend this book! Great for book study or church small group.

My youth group bible study girls are loving this new book. Very good for ages 11- 20

Great read for teens!!

Great read.

This book is such a gift for myself as well as for my teenage daughter. Liked gives such good insight into navigating the waters of the teenage years. Filled with wisdom in approaching this tumultuous time, personal stories, and lists to reference, Kari supports all of these with scripture. During a time when girls tend to feel alone and misunderstood, Kari empowers with scripture that these girls can cling to. Finding your identity and being confidant in who you are created to be is just one of the many great points Kari addresses. I'm excited to share this book with the girls on my Christmas list. Thank you for another great book!

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