

*Letters from the Heart* was first published in 2001 featuring words of wisdom from forty amazing women and girls. Over the years, these letters have proved to be a beacon of light and a source of encouragement and inspiration for young girls to have the courage and strength to follow their dreams.

Continuing in the tradition of asking women of substance to speak to young girls, we have published *More Letters from the Heart*. This new book contains letters from fifty outstanding women in honor of Girls Incorporated of Greater Santa Barbara's fiftieth anniversary. The theme for *More Letters from the Heart* was inspired by the successful 'Tell Me' Girls Incorporated National Campaign.

We posed this question to our women contributors: "What piece of advice would have been helpful to you growing up, and given what you know now, what would you tell a young girl today?" This question was modified for our young girl contributors inviting them to express in their own words and art the guidance they would like to hear from women. The synchronicity took our breath away!

Smart, accomplished, well-rounded women reveal their own personal stories and the challenges they faced and overcame. In addition, powerful words reassure young girls to believe in themselves, reach for the stars, get an education and never give up. And our girls disclose through their earnest, forthright words and creative, humorous and sometimes poignant art a deep desire to be heard. Lessons learned, resilience and discovery fill these pages.

We hope you enjoy these unique and empowering exchanges.

**JOAN MARINELLO BOWMAN, DONNA BARRANCO FISHER, AND MARTHA E. SALAS**  
*LETTERS FROM THE HEART* COMMITTEE CO-CHAIRS