



## The Ultimate Girls Guide Journal to Feel Confident, Pretty and Happy

By Isabel B. Lluch

WS Publishing, United States, 2009. Spiral bound. Condition: New. Language: English . Brand New Book. Adolescence can be an especially tricky time for girls and sometimes, they just need a place to let it all out. From periods and puberty to health and hygiene to friends and boys, every preteen girl experiences the same issues. This book is based on the best-selling title The Ultimate Girls Guide Journal to Feel Confident, Pretty, and Happy, which answers questions and gives great advice to young girls all over the world. This companion journal gives girls a place to write down the thoughts and emotions that go with the changes of growing up. The Ultimate Girls Guide Journal to Feel Confident, Pretty, and Happy provides fill-in-the-blank sections, quizzes, and checklists on every important topic in a preteen girl's life. Topics include beauty, acne, body hygiene, bras, periods, healthy eating, sports and fitness, stress, mood swings, eating disorders, friendships, building confidence, and more. This journal covers every topic from the original text and offers girls space for all their personal and private thoughts. Through journaling and completing the quizzes and charts, girls will be able to successfully deal with the changes of puberty,...



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