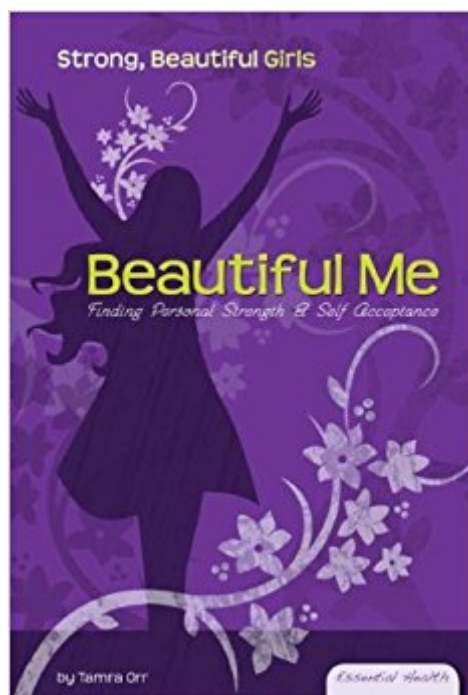




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Beautiful Me: Finding Personal Strength & Self Acceptance (Essential Health: Strong Beautiful Girls)



Synopsis

Beautiful Me features fictional narratives paired with firsthand advice from a licensed psychologist to inspire and build self-esteem among preteen and teen girls. This book will help readers discover their inner strength and learn to feel comfortable in their own skin. Positive coping skills are introduced for dealing with difficult issues, including peer pressure, parental expectations, and depression. Throughout the book, Talk About It questions encourage discussion. Additional resources, a glossary, and an index are also included. Beautiful Me will leave readers feeling confident to handle future challenges.

Book Information

Series: Essential Health: Strong Beautiful Girls

Library Binding: 112 pages

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Customer Reviews

Delicate, flowery borders and designs grace the pages in these books, yet the personal stories are both forthright and candid...these volumes cover the gamut of challenges and pressures that whittle girls' self-esteem...The true-to-life situations described in these books will be a sure hook for the intended audience. --School Library Journal, November 1, 2008

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