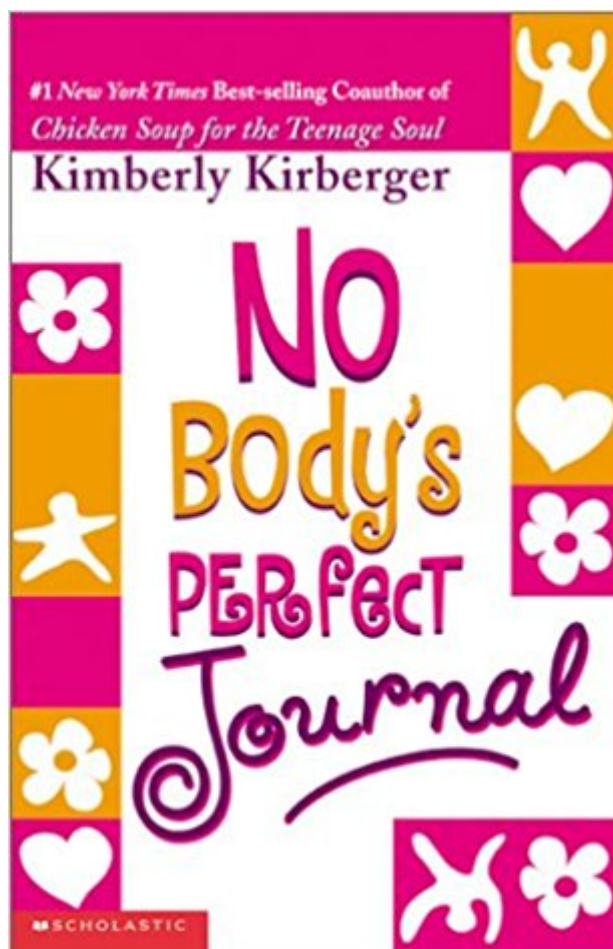


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# No Body's Perfect Journal



## Synopsis

This helpful journal, from the co-author of the best-selling CHICKEN SOUP FOR THE TEENAGE SOUL books, is meant to be used as a companion to LOVING YOUR BODY / LOVING YOURSELF. Inspired by the issues discussed in LOVING YOUR BODY / LOVING YOURSELF, this journal gives teens the opportunity to explore their own feelings about their bodies, themselves, and other related topics in a unique, personal way. Author Kimberly Kirberger provides commentary, questions, and suggested writing activities to help girls use the journal to work toward loving their bodies and themselves. Body image is the #1 issue among preteen and teen girls. This journal is specifically designed to help them express and work through their feelings on this powerful, important topic.

## Book Information

Age Range: 12 and up

Paperback: 336 pages

Publisher: Scholastic Paperbacks (February 1, 2003)

Language: English

ISBN-10: 0439426391

ISBN-13: 978-0439426398

Product Dimensions: 8.5 x 5.6 x 0.7 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 3.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,478,216 in Books (See Top 100 in Books) #65 in Books > Teens >

Personal Health > Diet & Nutrition #277 in Books > Teens > Social Issues > Self-Esteem &

Self-Reliance #278 in Books > Teens > Personal Health > Self-Esteem

## Customer Reviews

Great for teens, help a parent to see the many issues teens go through! Great way to help a team express their feelings and help them to resolve issues! They can do this journal alone or you can use it as a bonding experience with your teen! Any age can use this journal! Score points with my granddaughter when I gave them the book and journal as a gift and it help them to openly talk to Nana!

Pruct had writing throughout and was useless. Not disclosed by vendor

Tackling this journal and completing it was one of the most influential "projects" in my life. I did this book when I was 22, and though I wasn't a teen girl anymore, I do struggle with borderline personality disorder. Thus, I struggle with a lot of other things (an eating disorder, self-injury, substance abuse, the list goes on...) When I began treatment I struggled a lot with learning who I am, aside from the BPD (which seemed to cover every part of my personality). This book really changed me life, my self-image, my outlook on the world/my past/my present/my future. I got to know myself again and more importantly, I learned to LIKE myself for the first time ever. Each question in the journal is something I'd easily spend a whole session discussing with my therapist. So the way I saw it, this book was like 2-300 hours of FREE therapy, whenever I wanted it! A lot of the subjects were REALLY difficult, because they forced me to process long-repressed traumatic events and uncomfortable feelings. But it was a challenge I took on bravely and now, its an accomplishment I'm proud of. I completed this book cover-to-cover in 3 or 4 months, and brought it in to my therapy appointments so we could discuss my little breakthroughs along the way. Every chapter seemed to unlock a breakthrough or 2, which could have taken years with just bi-monthly 1-on-1 sessions. Such a deep, soul-searching journey it was!! really wish there were more workbooks JUST like this one. I've searched, but haven't found one yet. I recommend it to every adolescent girl out there, regardless whether or not they have psychiatric problems. I think anybody would benefit greatly from this book. 5 stars isn't even enough! I wish I could give the author the biggest hug and thank her! :')

This is a great journal for teenage girls to discover their personality, values and stuff like that. lol. It's really fun to fill in! I recommend this to every girl from age 11-16.

shipped in acceptable time period and in good condition. Seller up front about signature inside front cover and contacted me before shipping book. useful for my client. thanks

great book for confused and non-perfect teens.. you ask how do I know.. because I am one

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Notebook (Volume 2) Not All Those Who Wander Are Lost: Notebook- Small Blank Lined Notebook; Travel Journal; Traveller's Notebook; Study Abroad Journal; Vacation Journal; ... Journal; (Travel Journals and Notebooks) Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Bullet Journal: Dot Bullet Journal; Small Blank Dot Grid Journal for Women; (5.25 x 8 in.) -blank dotted pages for Diary, Planner, Calligraphy, Hand ... Journal and Notebook Collection) (Volume 1) Wedding Dresses - A Picture Guide Book For Wedding Dress and Gown Inspirations: A Picture-Perfect Guide To Selecting The Perfect Wedding Gown Is The Perfect ... For Brides-To-Be (Weddings by Sam Siv 7) Magical Mind, Magical Body: Mastering the Mind/Body Connection for Perfect Health and Total Well-Being No Body's Perfect Journal The Bath and Body Book: DIY Bath Bombs, Bath Salts, Body Butter and Body Scrubs Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Calisthenics: 30 Minutes to Ripped - Get Your Dream Body Fast With Body Weight Exercises and Calisthenics (Calisthenics, Body Weight Training, Bodyweight Strength) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) Body Scrubs: 30 Organic Homemade Body And Face Scrubs, The Best All-Natural Recipes For Soft, Radiant And Youthful Skin (Organic Body Care Recipes, Homemade Beauty Products, Bath Teas Book 1) BODY TALK: The Body Language Skills to Decode the Opposite Sex, Detect Lies, and Read Anyone Like a Book (Body Language Decoded) Your Body, Yourself: A Guide to Your Changing Body (Your Body, Your Self Book) Classic Journal (Diary, Notebook): Classic Journal / Writing Notebook / Blank Diary - 210 Pages, 7" x 10", Hardcover Journal-diary gift. Bullet Blue Journal: Bullet Grid Journal Blue Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 6) Bullet Gold Journal: Bullet Grid Journal Gold Polka Dots, Large (8 x 10), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Large) (Volume 11) Sketch Journal: Bullet Grid Journal, 8 x 10, 150 Dot Grid Pages (sketchbook, journal, doodle)

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