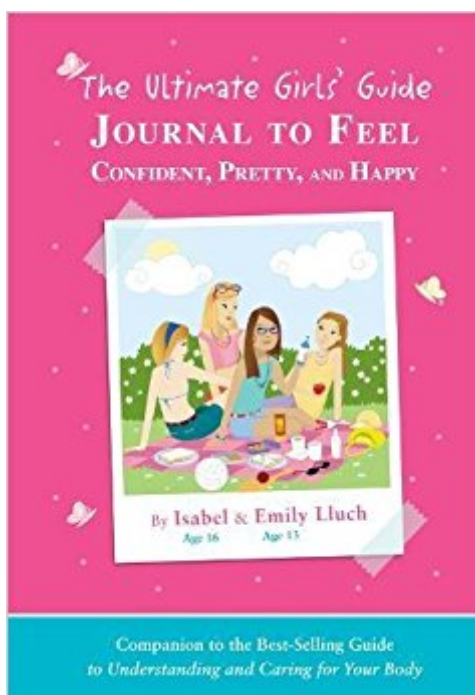


The book was found

The Ultimate Girls' Guide Journal To Feel Confident, Pretty And Happy



Synopsis

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, as well as look and feel great!

Book Information

Spiral-bound: 100 pages

Publisher: WS Publishing Group; Csm Spi edition (October 16, 2009)

Language: English

ISBN-10: 1934386596

ISBN-13: 978-1934386590

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #3,413,049 in Books (See Top 100 in Books) #69 in Books > Teens >

Personal Health > Fitness & Exercise #119 in Books > Teens > Personal Health > Maturing

#134 in Books > Teens > Personal Health > Diet & Nutrition

Age Range: 12 and up

Grade Level: 6 - 7

[Download to continue reading...](#)

The Ultimate Girls' Guide Journal to Feel Confident, Pretty and Happy Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your

Goals Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Squirting Girls : Pretty And Horny Squirty Girls Show How Wet They Are. (Adult Picture Books) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Cute Piglet: Sketchbook for Kids : Dot Grid Journal : Notebook Composition:Girls: dot grid journal and sketchbook for boys and girls 8x10 inch,99 Pages Pretty New Doll (Pretty Little Dolls Series Book 3) Pretty Lost Dolls (Pretty Little Dolls Book 2) PRETTY GIRL: How To Be Really Pretty, Even If You Don't Think You Are Happy, Happy, Happy: My Life and Legacy as the Duck Commander Baby-Led Weaning: The Essential Guide to Introducing Solid Foods - and Helping Your Baby to Grow Up a Happy and Confident Eater The to Z Guide to Raising Happy, Confident Kids 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) 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) Secrets of the Capsule Wardrobe: How to Find Your Personal Style & Create a Happy, Confident Closet! Jordan River Baptism Site: Journal, Diary, Notebook - Blank, Lined, 6 x 9 - Memoir Journal, Prayer Journal, Travel Journal (Israel Series) (Volume 3) Cool, Confident and Strong: 52 Power Moves for Girls Confident a Bible Study for Teen Girls

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)