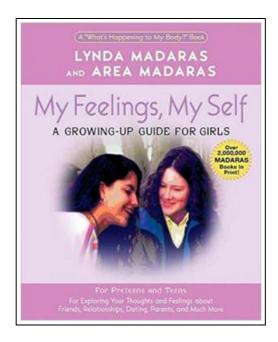
# My Feelings, My Self: A Journal for Girls



Filesize: 1.04 MB

## Reviews

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Vickie Wolff)

## MY FEELINGS, MY SELF: A JOURNAL FOR GIRLS



Newmarket Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.9in. x 7.2in. x 0.4in.For teen and pre-teen girlsin the million-copy bestselling Lynda Madaras Whats Happening To My Body Series, a new, updated edition of the journalworkbook that focuses on how feelings, as well as bodies, change during puberty, and how to deal with them. Why dont my parents ever listen to me Can I tell a boy that I like him How do I say no to friends when they want me to do things I dont want to Answers to these questions and more are whats in this fun- and fact-filled book as well as quizzes, exercises, stories and letters from kids expressing feelings about the changes going on in their lives during adolescence. The book is divided into three parts: Your Friends talks about things like popularity, peer pressure, making friends, best friends, crushes, and the opposite sex. Your Parents talks about how relationships with parents change during adolescence. It also includes some exercises to help communication and problem-solving. Your Sources includes suggestions for further reading, and information on getting help for special problems This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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