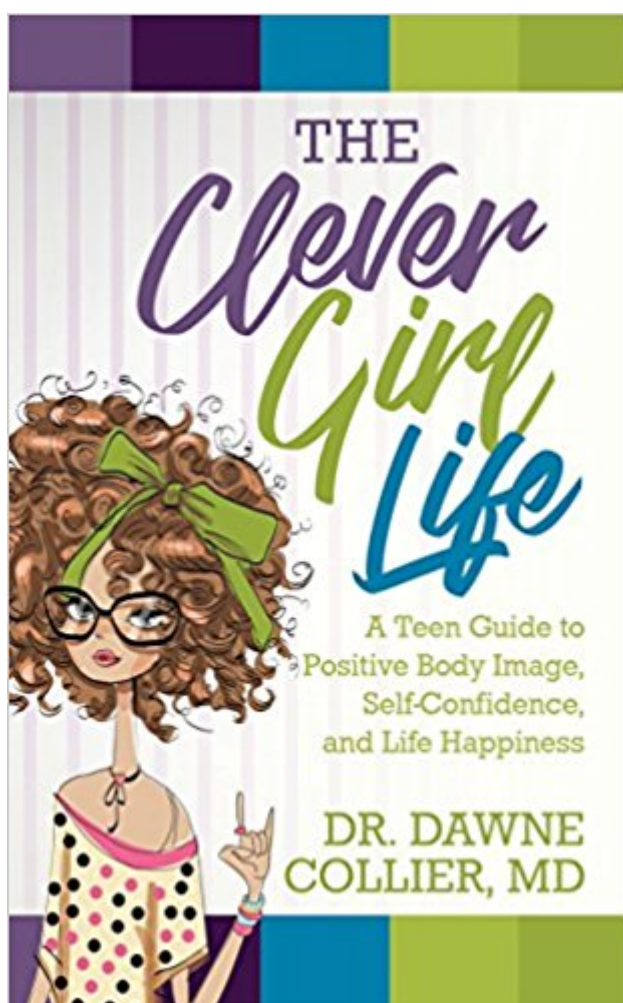


The book was found

The Clever Girl Life: A Teen Girl's Guide To Positive Body Image, Confidence & Life Happiness



Synopsis

Growing up is often defined by change: Our bodies develop, our minds transform, and who we are and who we choose to be begin to emerge from within ourselves. As amazing as this all sounds, the process can be difficult, confusing, and, at times, scary, especially if you're a young lady who's going through certain experiences for the very first time. The "Clever Girl" Life is exactly what it says it is: A Teen Girl's Guide to Positive Body Image, Confidence, & Life Happiness. It's a no frill, no lies, no beating-around-the bush tour through the physical, mental, emotional, sexual, and social milestones that every young woman will face and who better to be your docent than renowned OB/GYN and women's health educator Dr. Dawne? With clear-cut visuals and succinct but thorough explanations, plus some outright good advice, Dr. Dawne offers answers to questions that may already be floating around in your head and ones that you might have never considered. Either way, you're bound to walk away wiser and ready to face the world your way!

Book Information

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Self-Esteem & Self-Reliance #162 in Books > Teens > Personal Health > Self-Esteem

Customer Reviews

My sister purchased this book for her teen daughter and raves over it! She says "it's a perfect solution for teens and parents with communication issues". Great birthdays/ trunk party gift for guys and girls! It's a classic that should be in all high schools! Love it!

Highly recommended for teenage girls struggling with the woes of being and becoming a woman. Perfect as a gift to your budding princess.

Glad I bought this...Gave me the tools and confidence to begin discussions with my daughter. Gave to her a week or so later to have a reference and let her explore issues on her own. I also have a copy stashed away and check off things on an ongoing basis after we *randomly* discuss. Great, quick positive read.

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