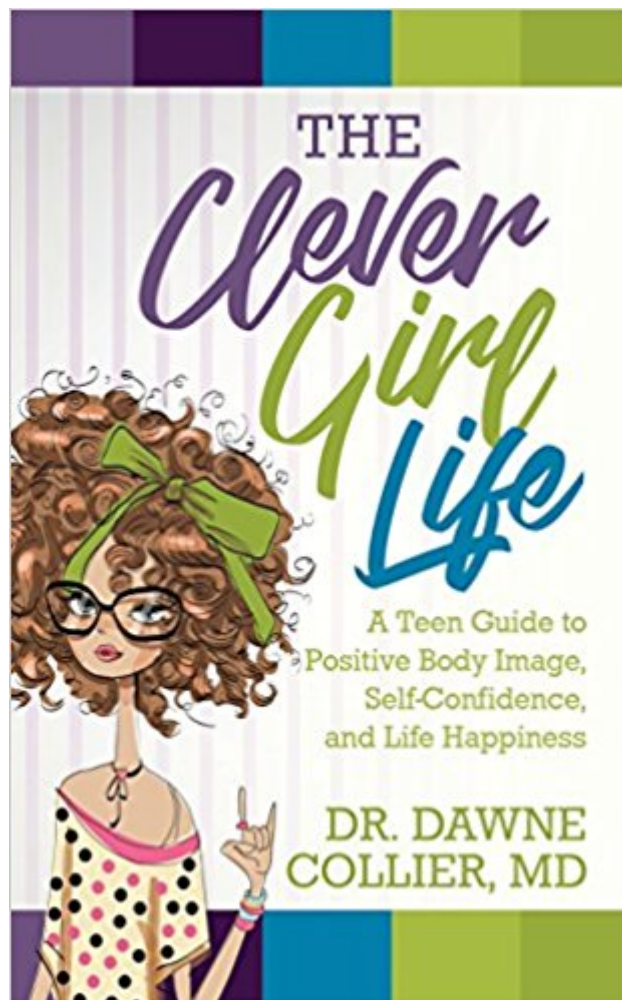




The book was found

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

Paperback: 78 pages

Publisher: Purposely Created Publishing Group (July 6, 2017)

Language: English

ISBN-10: 1945558954

ISBN-13: 978-1945558955

Product Dimensions: 4.4 x 0.2 x 7 inches

Shipping Weight: 3 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #628,883 in Books (See Top 100 in Books) #29 in Books > Teens >

Personal Health > Sexuality & Pregnancy #161 in Books > Teens > Social Issues >

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.

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

Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1)
The Clever Girl Life: A Teen Girl's Guide to Positive Body Image, Confidence & Life Happiness The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) I Am Positive: 31 Daily Positive Affirmations For a Positive Soul Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine The Clever Teens' Guide to World War One (The Clever Teens' Guides Book 5) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Before Happiness: The 5 Hidden Keys to Achieving Success, Spreading Happiness, and Sustaining Positive Change BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Find Your Style: Boost Your Body Image Through Fashion Confidence Find Your Style: Boost Your Body Image through Fashion Confidence (Nonfiction Âçâ –â • Young Adult) Understanding the Causes of a Negative Body Image (Hazelden/Rosen Teen Eating Disorder

Prevention Books) What's Real, What's Ideal: Overcoming a Negative Body Image (The Teen Health Library of Eating Disorder Prevention)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)