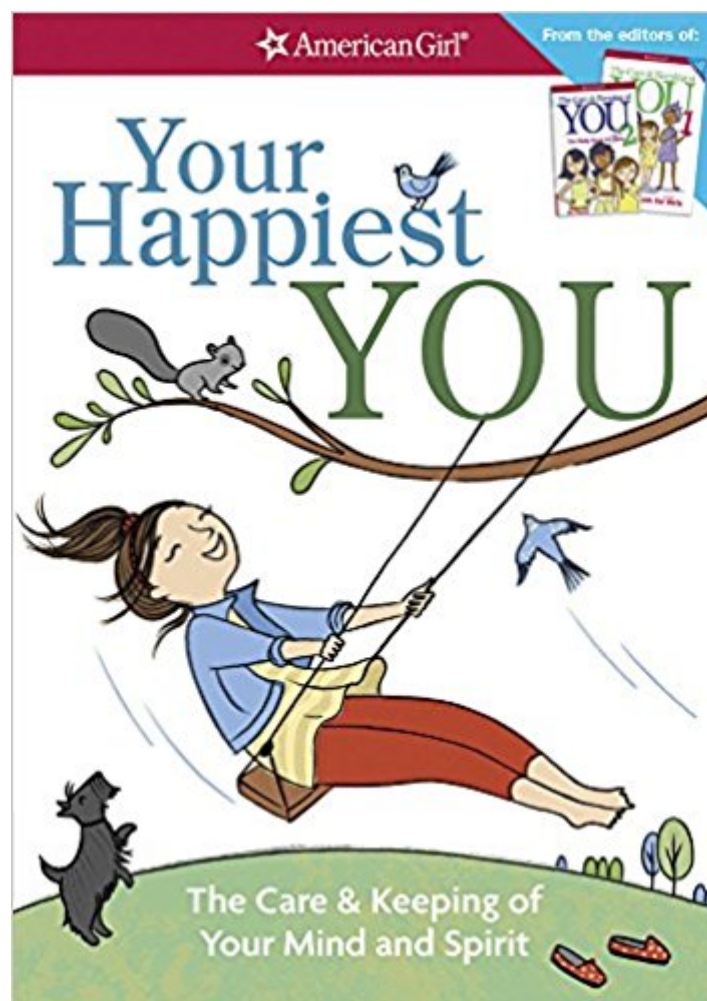




The book was found

Your Happiest You: The Care & Keeping Of Your Mind And Spirit (American Girl)



Synopsis

You already know a lot about caring for your body. You eat your veggies, try to get enough exercise and sleep, and use soap when you need to. But did you know that a little care and keeping are great for your mind and spirit, too? This book is full of expert know-how and fun ideas to help you bounce back from any setback, focus on what matters and tune out the rest. You'll learn to find calm inside, connect better with friends and family, truly enjoy the world around you—and be the happy YOU you're meant to be.

Book Information

Series: American Girl

Paperback: 112 pages

Publisher: American Girl (August 21, 2017)

Language: English

ISBN-10: 1683370201

ISBN-13: 978-1683370208

Product Dimensions: 5.5 x 0.3 x 7.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,425 in Books (See Top 100 in Books) #27 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#) #34 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 8 - 12 years

Grade Level: 4 - 7

Customer Reviews

Great book that was perfect for tween girls struggling with depression or self-acceptance.

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Beehives, Keeping ... bee keeping, bee keeping) (Volume 1) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) A Smart Girl's Guide: Babysitting: The Care and Keeping of Kids (Smart Girl's Guides) The Care and Keeping of You 2 Journal (American Girl) The Care and Keeping of You Journal (Revised): for Younger Girls (American Girl) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) The Babysitter's Handbook: The Care and Keeping of Kids (American Girl (Quality)) Orchids Care Bundle 3 in 1, THE NEW EDITION: Orchids + Orchids Care For Hobbyists + Phalaenopsis Orchids Care (Orchids Care, House Plants Care, Gardening Techniques Book 4) Deliverance From Python Spirit: Powerful Prayers to Defeat the Python Spirit –œ Spirit of Lies, Deceptions and Oppression. (Deliverance Series Book 3) The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated Beekeeping: An Introduction to Building and Maintaining Honey Bee Colonies (2nd Edition) (beehive, bee keeping, keeping bees, raw honey, honey bee, apiculture, beekeeper) Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) A Girl Named Hillary: The True Story of Hillary Clinton (American Girl: A Girl Named) A Girl Named Rosa: The True Story of Rosa Parks (American Girl: A Girl Named) Flying Angel: Vanuatu, the Happiest Country You Never Heard Of ! Countdown to Your Perfect Wedding: From Engagement Ring to Honeymoon, a Week-by-Week Guide to Planning the Happiest Day of Your Life A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (American Girl)

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