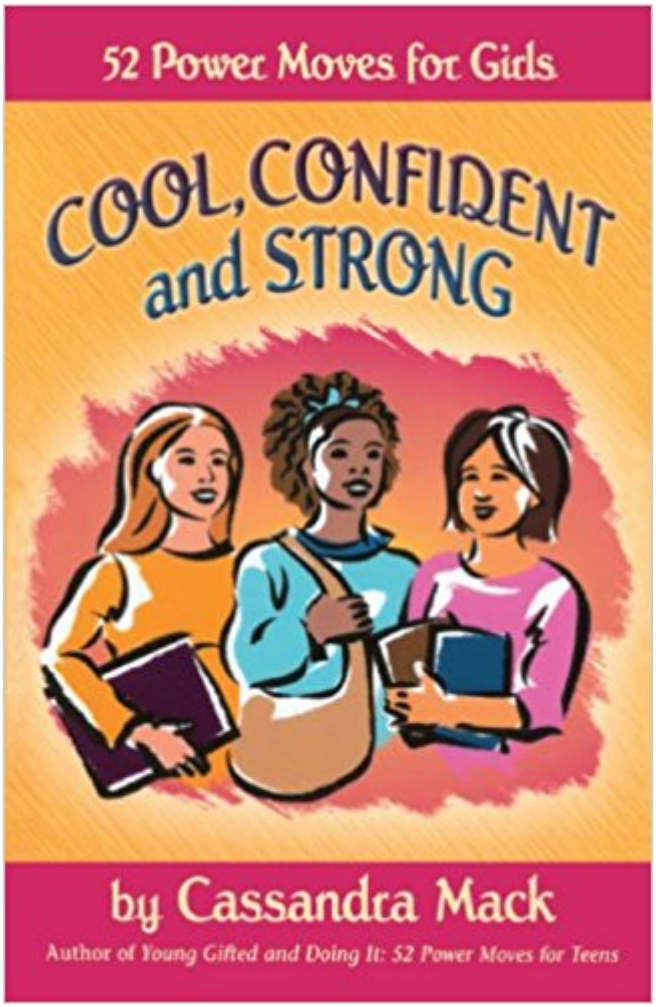
Ebook Directory
the best source of ebook

The book was found

Cool, Confident And Strong: 52 Power Moves For Girls



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Created just for girls, Cool, Confident and Strong helps young women tackle the many day-to-day issues they face. From self-esteem and body image to dating and surviving cliques Cool, Confident and Strong teaches girls how to remain true to themselves and make choices that respect their values, boundaries and bodies. Also included are a mother/daughter discussion guide, resources for teenage girls and tips for starting your own Cool, Confident and Strong reading group.

Book Information

Paperback: 98 pages

Publisher: Authors Choice Press (October 22, 2007)

Language: English

ISBN-10: 0595475604

ISBN-13: 978-0595475605

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

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

Best Sellers Rank: #324,693 in Books (See Top 100 in Books) #48 inÂ Books > Teens > Personal Health > Body, Mind & Spirit #90 inÂ Books > Teens > Social Issues > Self-Esteem & Self-Reliance #91 inÂ Books > Teens > Personal Health > Self-Esteem

Customer Reviews

Cassandra Mack is a noted speaker on girls empowerment issues and the founder and CEO of Strategies for Empowered Living Inc., a training and development company that offers workshops, keynotes and products that focus on youth development, personal excellence and the empowerment of women. Cassandra is the executive producer and host of The No More Drama Hour of Power, a popular, Internet talk radio show of The New York Carib News.

As the director of a non-profit organization for African American/Black girls, I am always looking for books with activities that help improve the self-esteem of young girls. This book serves as a wonderful curriculum guide for my organization. There are 52 topics which conveniently equate to a topic for each week of the year. The topics provide activities for girls to complete and the activities reinforce the lessons discussed. "Love Yourself Just the Way You Are, You Are Worth the Wait, and It’s Okay NOT to Have A Boyfriend" are a few of my favorite topics that are covered. It’s an empowering book for girls!

Good

My 12 yr old god daughter read "Cool, Confident and Strong: 52 Power Moves for Girls" in only 2 days! She loved it and I hope the messages stick at this impressionable age.

Download to continue reading...

Cool, Confident and Strong: 52 Power Moves for Girls Totally Cool Creations: Three Books in One; Cool Cars and Trucks, Cool Robots, Cool City The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) Best Dance Moves in the World . . . Ever!: 100 New and Classic Moves and How to Bust Them How to Catch the Huge Market Moves: How to Predict and Enter the Big Market Moves in Forex,Commodities and the Indices. MicrosoftÂ® Combat Flight Simulator 2: WW II Pacific Theater: Inside Moves (EU-Inside Moves) Balanced and Barefoot: How Unrestricted Outdoor Play Makes for Strong, Confident, and Capable Children Secret Power to Winning, Happiness, and a Cool Wardrobe: A Personal Bible Study on the Book of 1 Peter (Secret Power Bible Studies for Girls) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power GirlWise: How to Be Confident, Capable, Cool, and in Control Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Cool Chemistry Activities for Girls (Girls Science Club) The Ultimate Girls' Guide Journal to Feel Confident, Pretty and Happy Confident a Bible Study for Teen Girls Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything You Need to Know About Preventing and Treating Osteoporosis Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis Strong's Greek Dictionary of the Bible (with beautiful Greek, transliteration, and superior navigation) (Strong's Dictionary Book 1)

Contact Us

DMCA

Privacy

FAQ & Help