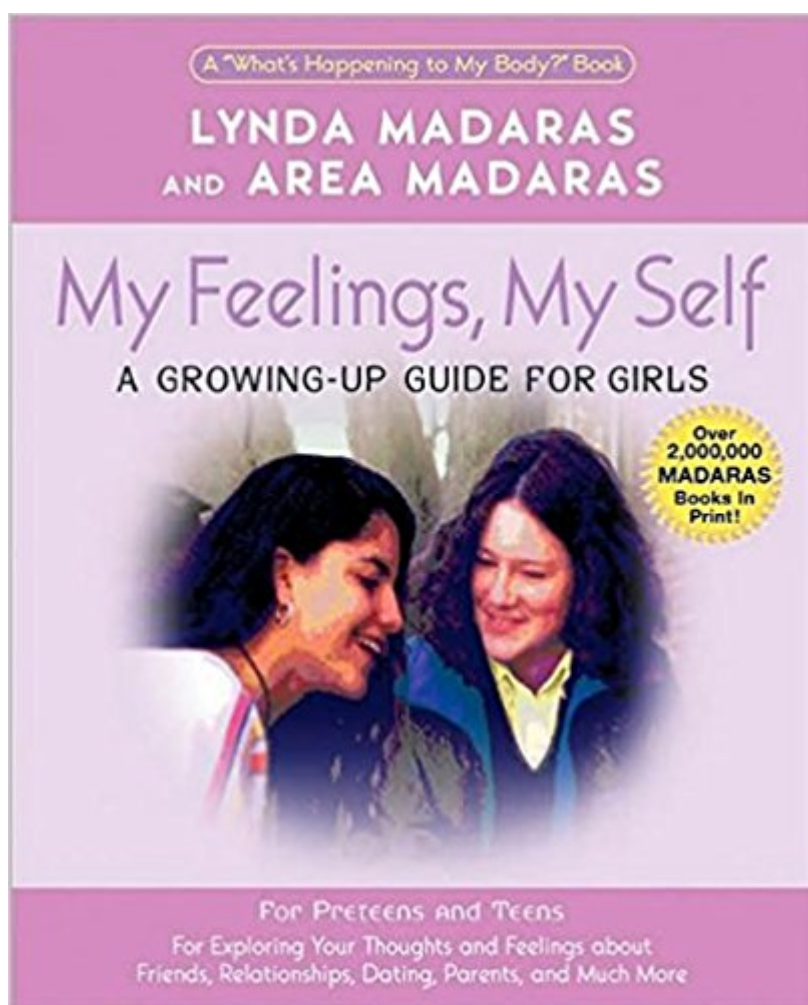


The book was found

My Feelings, My Self: A Journal For Girls (What's Happening To My Body Books (Paperback))



Synopsis

For teen and pre-teen girls— in the million-copy bestselling Lynda Madaras "What's Happening To My Body?" Series, a new, updated edition of the journal/workbook that focuses on how feelings, as well as bodies, change during puberty, and how to deal with them. Why don't 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 don't want to? Answers to these questions and more are what's 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

Book Information

Series: What's Happening to My Body Books (Paperback)

Paperback: 160 pages

Publisher: William Morrow Paperbacks; Second Edition edition (January 2, 2002)

Language: English

ISBN-10: 1557044422

ISBN-13: 978-1557044426

Product Dimensions: 7.2 x 0.4 x 9 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 2.6 out of 5 stars 2 customer reviews

Best Sellers Rank: #2,025,336 in Books (See Top 100 in Books) #86 in [Books > Teens >](#)

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[Psychology](#)

Age Range: 12 - 15 years

Grade Level: 7 - 9

Customer Reviews

Here's hard-to-find information, instructions for naming feelings, sending and receiving messages, and using problem-solving techniques. Another winner. -- Publishers Weekly[W]ill increase a young

woman's confidence and understanding her feelings and her life. -- School Library Journal

Lynda Madaras is the author of 12 books on health, child care, and parenting. For more than 25 years, she taught puberty and health education in California schools, and she has appeared on Oprah, CNN, PBS, and the Today Show. Lynda Madaras es la autora de doce libros sobre la salud, el cuidado de niños y la crianza de los hijos. Durante más de veinticinco años ha enseñado sobre la pubertad y la salud en escuelas de California, y ha sido invitada de Oprah, CNN, PBS y el Today Show. Lynda Madaras was just 11 years old when she assisted her mother on their first book. Now a communications consultant and mother of two, she lives in California and continues to assist her mother with the series. Lynda Madaras solo tenía once años cuando colaboro por primera vez con su madre en un libro. Ahora es asesora de comunicaciones y madre de dos niñas, vive en California y continúa trabajando con su madre en la serie.

This was bought for a 10-year-old girl because she is showing signs of menarche; however, after previewing it there are parts about sexuality that are too explicit for this age group. The book states pre-teens and teens. I disagree that it is age appropriate for pre-teens. It is more appropriate for teens and older ones at that.

This is an excellent book for anyone who has a girl in their life. I work as an adolescent counsellor and use this book a lot. I also use it with my own daughter. The exercises are realistic and helpful. A must for anyone who cares about girls.

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(Body Butter, Body Butter Recipes, natural remedies) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) 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) My Body! What I Say Goes!: A book to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships Music Journal Music is What Feelings Sound Like: Lined Music Teacher Notebook, Appreciation Gift Quote Journal or Diary ~ Unique Inspirational Gift ... You, End of Year, Retirement or Gratitude Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback))

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