



My Feelings, My Self: A Journal for Girls

By Lynda Madaras

Newmarket Press. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.9in. x 7.2in. x 0.4in. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La...



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