



A Girl's Guide to Life: The Real Dish on Growing Up, Being True, and Making Your Teen Years Fabulous!

Katie Meier

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A Girl's Guide to Life offers teen girls a new approach to facing their adolescent years. It's a totally fresh, totally complete resource on all the traumas and triumphs in teen girls' lives. The book is divided into Body, Mind, and Soul sections to address the relevant issues in each area of a young woman's life. It's *THE* book for any girl wondering what's happening to her body, soul, and mind during these crazy years.

With space for journaling, conversations with real teen girls, Scripture challenges, and more!



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