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Soul Searching: A Girl's Guide To Finding Herself

Sarah Stillman

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Soul Searching: A Girl's Guide To Finding Herself Sarah Stillman
In this girl-to-girl look at the big picture, teenager Sarah Stillman offers sound advice for discovering what is really important in life, unlike teen magazines, which cover fashion and movie stars but don't offer much insight into self-discovery. Her recommendations, spelled out in easy guidelines and hands-on exercises, include keeping a daily journal, practicing simple meditation, and learning to relax. Other chapters focus on dreams and what they can reveal, activism and community involvement, volunteering, self-acceptance, and taking control of the future by setting goals and following through on them. Real-life examples keep things believable, with plenty of ways for readers to start taking action. Soul Searching is a refreshing, fun-to-read change of pace that encourages and celebrates the potential of the teen experience, a time to discover the joys, hopes, and aspirations of a girl's true self.

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