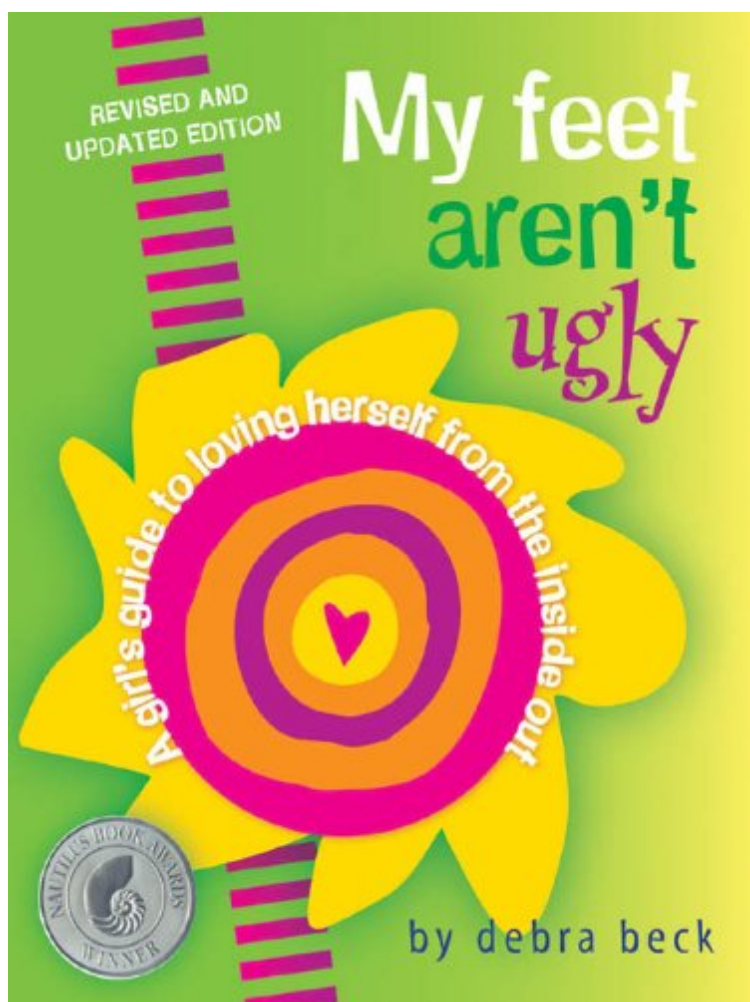


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# My Feet Aren't Ugly: A Girl's Guide to Loving Herself from the Inside Out



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**Par Beck Debra, Debra Beck : My Feet Aren't Ugly: A Girl's Guide to Loving Herself from the Inside Out** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Feet Aren't Ugly: A Girl's Guide to Loving Herself from the Inside Out:

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**Description :** Description du produitDo you sometimes feel like other girls are prettier, more trendy, or more popular than you? Do you ever feel bad about yourself? In this funny, honest book, teen expert and mentor Debra Beck provides in-depth examples and exercises to develop the tools you need for self-confidence. Learn how to have fulfilling relationships, make good decisions for yourself, respect yourself and others, and love yourself for who you are.

Prsentation de l'diteurDo you ever feel bad about yourself or have trouble being yourself while still fitting in? Do you have tough questions you are afraid to ask?In this funny, honest book, teen mentor Debra Beck provides personal stories, quizzes, journaling exercises, and thoughts from teens themselves to help you develop your self-confidence. Learn how to make healthy decisions in the face of peer pressure, have strong relationships with family and friends, and respect and love yourself for who you are. This revised and updated edition also has new chapters on bullying and internet safety.Prsentation de l'diteurDo you ever feel

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About the author For fifteen years, Debra Beck has been a devoted mentor for teenage girls. She done workshops with Girl Power, a program sponsored by the U.S. Department of Health and Human Services that is dedicated to helping "encourage and motivate eleven- to sixteen-year-old girls to make the most of their lives." She has also created and facilitated her own workshops and girls' groups through Spirited Youth, an organization she founded to help girls in a positive and supportive way. She has drawn on her own experience and the experiences of the young women she has helped to make *My Feet Aren't Ugly* resonate with readers. She currently resides in Sedona, Arizona.