



Soul Searching: A Girl's Guide to Finding Herself

Sarah Stillman

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An updated, indispensable guide to empowerment and self-discovery for teens.

While fashion magazines, television programs, and websites emphasize the superficial and foster insecurities, Sarah Stillman directs teen girls to a healthy place where a strong sense of self and direction take center stage. Originally written when the author was just sixteen, *Soul Searching* has been fully updated and expanded to address the concerns of today's teens, bringing girl power to the printed page by offering young women a clear path to self-discovery and empowerment. Through fun quizzes, insightful exercises, and provocative statistics, Stillman guides young women through the complex maze between adolescence and adulthood.

Featuring updated sections on safe cell-phone use, social media, health, and gender, as well as including updated resources throughout, *Soul Searching* is a must-read for teenage girls.

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Lisa Marsh:

The knowledge that you get from Soul Searching: A Girl's Guide to Finding Herself is a more deep you rooting the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but Soul Searching: A Girl's Guide to Finding Herself giving you joy feeling of reading. The writer conveys their point in particular way that can be understood by means of anyone who read the idea because the author of this guide is well-known enough. This kind of book also makes your own vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this specific Soul Searching: A Girl's Guide to Finding Herself instantly.

Kori Pierson:

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