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# Living Healthy: A Guide For Teen Girls



## Synopsis

A guide to leading teenage girls down the right path in life that will help any girl who is willing to try to be a better person or improve her life. Tips on making friends, getting along with parents and better study habits, weight management, acne, spirit & dating are just a few of the many things discussed. The main idea is to be a better person and take responsibility for your own actions and avoid trouble before it happens. Tastefully written yet honest advice in a straightforward way. Will definitely make any girl think before making certain choices when she is faced by situations in life that all girls will eventually face. As a Mom with 3 daughters and several other girls who call me Mom I have seen or heard it all and hopefully something I have learned along the way will help you as well.

## Book Information

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