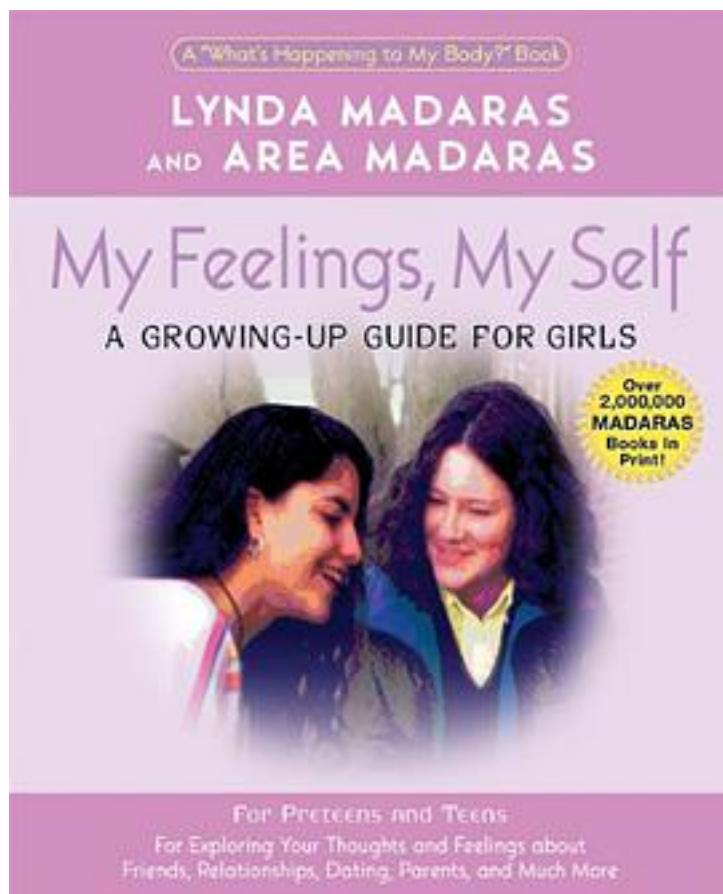


My Feelings, My Self



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For teen and pre-teen girls—in the million-copy bestselling Lynda Madaras "What's Happening To My Body?" Series, a new, updated edition of the journal/workbook that focuses on how feelings, as well as bodies, change during puberty, and how to deal with them. Why don't my parents ever listen to me? Can I tell a boy that I like him? How

do I say "no" to friends when they want me to do things I don't want to? Answers to these questions and more are what's in this fun- and fact-filled book as well as quizzes, exercises, stories and letters from kids expressing feelings about the changes going on in their lives during adolescence. The book is divided into three parts:

- "Your Friends" talks about things like popularity, peer pressure, making friends, best friends, crushes, and the opposite sex.
- "Your Parents" talks about how relationships with parents change during adolescence. It also includes some exercises to help communication and problem-solving.
- "Your Sources" includes suggestions for further reading, and information on getting help for special problems

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