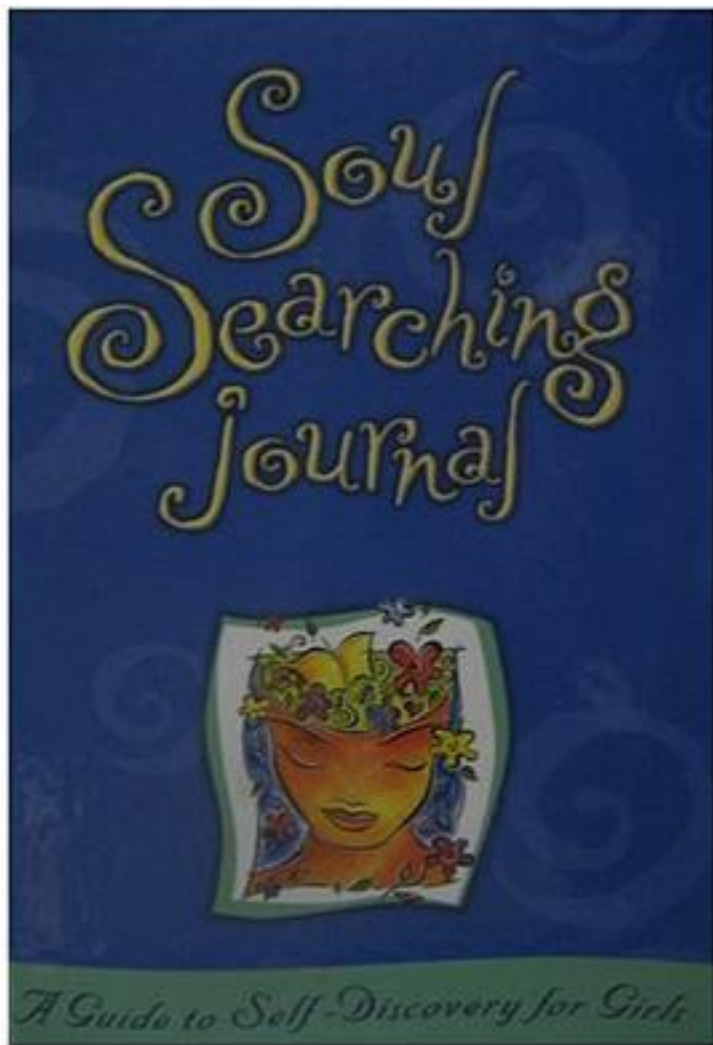


Soul Searching Journal



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著者:Sarah Stillman

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In Soul Searching, Sarah Stillman offered guidelines and hands-on exercises to help her fellow preteens and teenagers gain insight into themselves. Rather than reading teen magazines, she suggested focusing on dreams, trying simple meditation, getting involved in the community, and setting goals and following through on them. This journal is designed as a workbook to supplement Soul Searching. It features writing, drawing, and collage activities to help girls discover what their dreams are and how to achieve them. Activities include “Write a Letter to Yourself,” in which girls write about daily experiences to clarify what was important about them; and “What’s Your Philosophy?” a writing assignment that reveals what one thinks about life. Girls will appreciate that this journal has quotes and projects written by someone like them — a teenager on a journey of self-discovery.

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