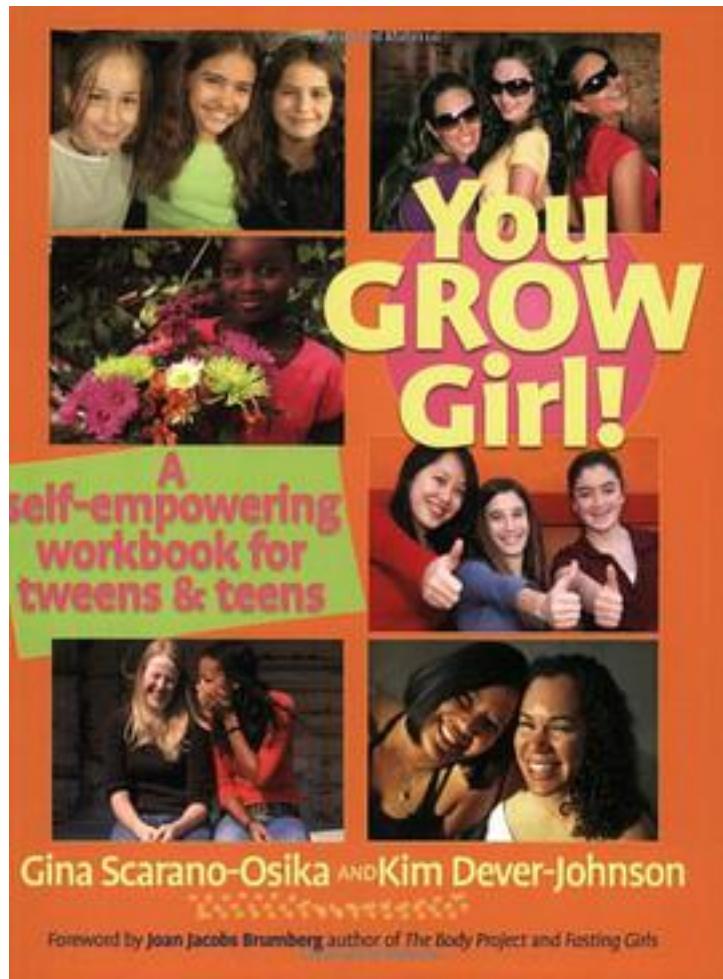


# You Grow Girl!



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You GROW Girl! is a one-of-a-kind manual for teens and tweens. It is a balanced, integrated workbook addressing core issues girls between the ages of 9-16 struggle

with every day. Interactive sections embrace important topics including self-esteem, thought patterns, eating habits, and overall health. Special attention is given to positive body image-- (weight/size/food issues), coping with stress, culture and peer pressures, deceptive media/internet images exercises.

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