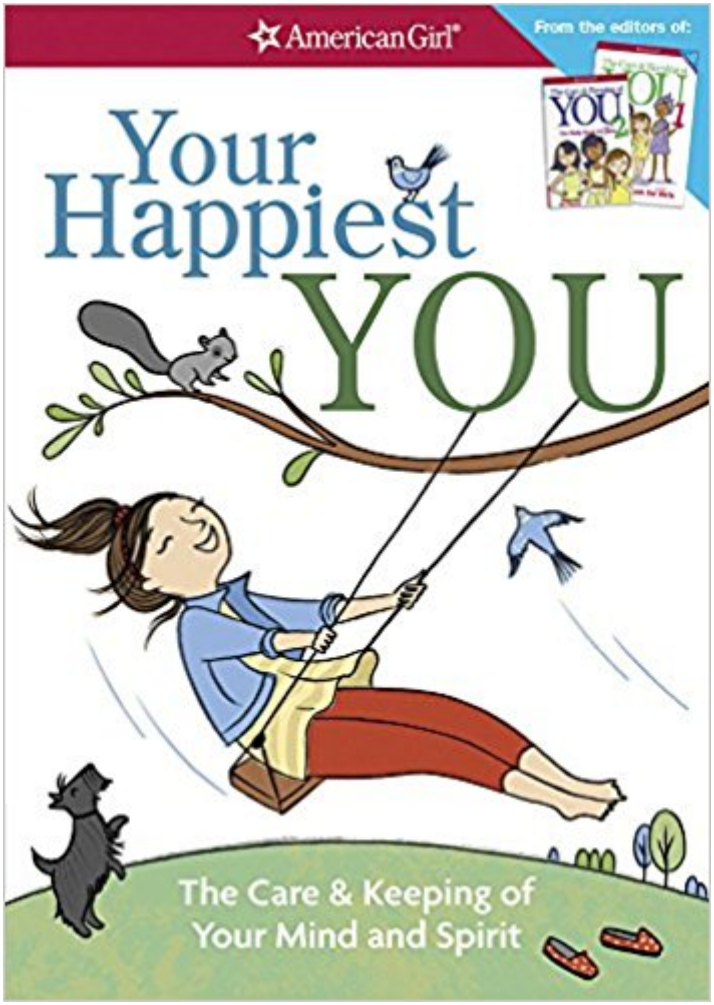
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Your Happiest You: The Care & Keeping Of Your Mind And Spirit (American Girl)



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Synopsis

You already know a lot about caring for your body. You eat your veggies, try to get enough exercise and sleep, and use soap when you need to. But did you know that a little care and keeping are great for your mind and spirit, too? This book is full of expert know-how and fun ideas to help you bounce back from any setback, focus on what matters and tune out the rest. You'll learn to find calm inside, connect better with friends and family, truly enjoy the world around youÃ¢â ¬â ¢and be the happy YOU you're meant to be.

Book Information

Series: American Girl

Paperback: 112 pages

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Language: English

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Product Dimensions: 5.5 x 0.3 x 7.8 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,425 in Books (See Top 100 in Books) #27 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #34 inÃ Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 8 - 12 years

Grade Level: 4 - 7

Customer Reviews

Great book that was perfect for tween girls struggling with depression or self-acceptance.

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