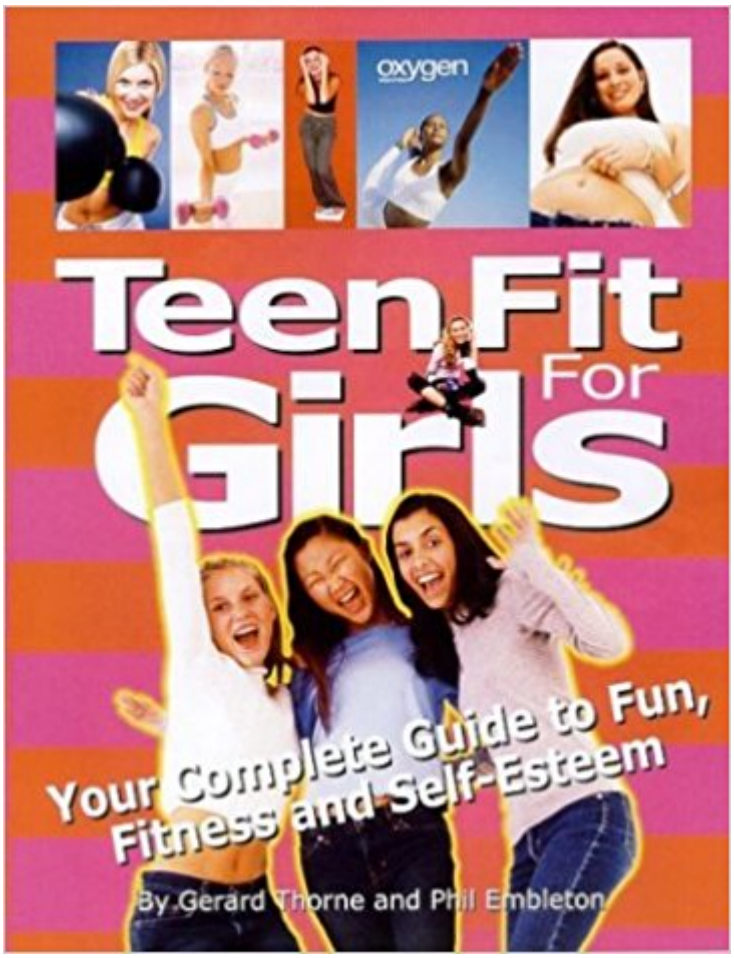
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Teen Fit For Girls: Your Complete Guide To Fun, Fitness And Self-Esteem



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Synopsis

Addresses complex issues and helps guide teens through the most exciting time of their lives.

Book Information

Paperback: 432 pages

Publisher: Robert Kennedy (January 23, 2006)

Language: English

ISBN-10: 1552100294

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Product Dimensions: 8 x 0.9 x 10.1 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 2 customer reviews

Best Sellers Rank: #4,611,060 in Books (See Top 100 in Books) #89 inÃ Â Books > Teens > Personal Health > Fitness & Exercise #227 inÃ Â Books > Health, Fitness & Dieting > Teen Health #574 inÃ Â Books > Teens > Personal Health > Self-Esteem

Customer Reviews

I bought this book hoping it would help my 10-year old niece understand a bit more about nutrition, exercise, and general self-care. It does have quite a bit of good information about these topics, though often in too much detail for a 10-year old. It would be great for maybe someone 14-18 who already has basic nutrition knowledge, and wants to build on more detail about specifics like what different vitamins and minerals offer to the body, specific exercises to target certain muscles, etc. There's also an entire chapter devoted to vegan nutrition, which seems odd given the relatively small percentage of the population that is vegan - perhaps a page or two and a list of other references would have been sufficient. There is also a LOT of information on creatine, how to use it, etc. which I find is really unnecessary unless you have a teenager who is a serious athlete. I will either save this book for another 4-5 years and give it to my niece then, maybe re-sell it, or just read with her a few paragraphs here and there. I don't want to give her the whole book now since it also contains some sexuality information that I don't agree with - most of it's great, but some of it is too explicit or suggests moral choices that a 10-year old should not be introduced to quite yet.

Great book!

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Teen Fit For Girls: Your Complete Guide to Fun, Fitness and Self-Esteem Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Indigo Teen Dreams: 2 CD Set Designed to Decrease Stress, Anger, Anxiety while Increasing Self-Esteem and Self-Awareness (Indigo Dreams) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Love: Raising Your Self-Confidence & Self-Esteem Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys How to Like Yourself: A Teen's Guide to Quieting Your Inner Critic and Building Lasting Self-Esteem (The Instant Help Solutions Series) "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Bible For Teen Girls: Great Bible Stories For Teen Girls All Things New - Teen Girls' Bible Study: A Study on 2 Corinthians for Teen Girls Journey to Freedom: A Bible Study on Identity for Teen Girls (Engage Bible Studies for Teen Girls) (Volume 1)

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