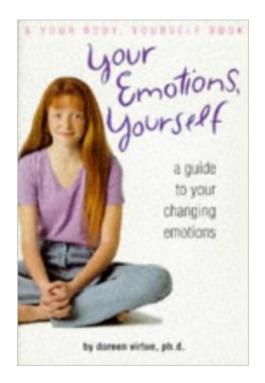
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Your Emotions, Yourself: A Guide To Your Changing Emotions (Your Body, Your Self Book)





Synopsis

Dr Doreen Virtue is a psychotherapist and fo rmer director of an adolescent mental health centre. With th is book, she presents girls between the ages of ten and four teen with a guide to the emotional changes they are likely t o be experiencing. '

Book Information

Series: Your Body, Your Self Book Paperback: 160 pages Publisher: Lowell House (September 1996) Language: English ISBN-10: 1565655346 ISBN-13: 978-1565655348 Product Dimensions: 0.5 x 6 x 9.2 inches Shipping Weight: 7.2 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #2,062,515 in Books (See Top 100 in Books) #75 in Books > Teens > Personal Health > Maturing #1514 in Books > Teens > Education & Reference > Social Science #3475 in Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

I truly thought this book was wonderful and helpful. I was wondering about so many things and this book helped me figure them all out. I suggest everyone read this book. The emotion I'm feeling for this book is excitement and happy. I honestly love this book.

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