



The Truth: Diary of a Gutsy Tween

By Barbara Becker Holstein

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, The Truth: Diary of a Gutsy Tween, Barbara Becker Holstein, Growing up is tough. Adults don't always understand you (even though they were once kids), and children today face increasing pressure to be, look, or act a certain way. Written in the voice of a girl on the cusp of becoming a teenager, The Truth provides young girls with an opportunity to see how a girl, who is in many ways like themselves, handles her toughest problems and most personal thoughts. Each new page brings forth a discussion to help girls handle everyday problems: How do you survive a bully? How do you handle a crush on a boy? What can you do about relentless teasing by your peers? What really matters as you grow older? In a positive and supportive diary-entry format, Dr. Barbara Becker Holstein encourages tween girls to carry the most precious parts of themselves into adulthood. A great book for mothers and daughters to read together, The Truth is aimed to improve communication, understanding, and self-esteem for young girls as they enter the rocky road of teenager-dom.

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