

the care and keeping of you 2 pdf

the care and keeping of you 2 pdf is a valuable resource designed to support young individuals through the important changes that come with adolescence. This guide provides comprehensive information on physical health, emotional well-being, and self-care practices tailored specifically for girls navigating puberty and beyond. The care and keeping of you 2 pdf offers practical advice on topics such as menstruation, body image, nutrition, and hygiene, making it an essential tool for fostering confidence and knowledge. This article explores the key features, benefits, and proper usage of the care and keeping of you 2 pdf, alongside insights into how it complements adolescent health education. Readers will gain an understanding of why this guide remains a trusted reference for both young readers and caregivers. The following sections will cover the contents of the care and keeping of you 2 pdf, its accessibility, and tips for maximizing its usefulness.

- Overview of the Care and Keeping of You 2 PDF
- Key Topics Covered in the Care and Keeping of You 2 PDF
- Benefits of Using the Care and Keeping of You 2 PDF
- Accessibility and Availability of the Care and Keeping of You 2 PDF
- How to Use the Care and Keeping of You 2 PDF Effectively

Overview of the Care and Keeping of You 2 PDF

The care and keeping of you 2 pdf is the second edition in a series focused on adolescent health and self-care, specifically aimed at girls aged 10 and older. This edition builds upon the foundation set by its predecessor by including updated medical information, enhanced illustrations, and more in-depth explanations of bodily changes. Produced by reputable health organizations, the care and keeping of you 2 pdf serves as an educational tool that promotes understanding of puberty, hygiene, and emotional health. Its format as a PDF makes it easily accessible and portable for users who prefer digital reading or require a printable version. The content is organized into clear sections that address different aspects of adolescent development, ensuring a holistic approach to health education.

Purpose and Target Audience

The primary purpose of the care and keeping of you 2 pdf is to empower young girls with accurate and approachable information about their bodies. It addresses common questions and concerns related to physical changes, emotional fluctuations, and social challenges encountered during adolescence. The target audience includes preteens, teenagers, parents, educators, and healthcare providers who seek to support girls during this critical developmental stage. By providing trustworthy content in an easy-to-understand format, the care and keeping of you 2 pdf aims to foster self-confidence and encourage healthy habits.

Key Topics Covered in the Care and Keeping of You 2 PDF

The care and keeping of you 2 pdf comprehensively covers a wide range of topics essential for adolescent health and well-being. Each chapter is designed to provide clear explanations, practical advice, and supportive tips tailored to the needs of growing girls. The guide addresses both physical and emotional dimensions of puberty, ensuring balanced information that promotes overall wellness.

Physical Changes and Puberty

This section details the biological transformations that occur during puberty, including growth spurts, breast development, and changes in skin and hair. The care and keeping of you 2 pdf explains these processes in medically accurate yet accessible language, helping readers understand what to expect and how to care for their changing bodies.

Menstruation and Menstrual Care

One of the core components of the care and keeping of you 2 pdf is its thorough coverage of menstruation. It offers guidance on menstrual hygiene, different types of menstrual products, and how to manage periods comfortably and confidently. Additionally, it addresses common menstrual issues and when to seek medical advice.

Nutrition and Exercise

The guide emphasizes the importance of a balanced diet and regular physical activity to support healthy development. It provides suggestions for nutritious foods, hydration, and age-appropriate exercises that promote physical fitness and emotional well-being throughout adolescence.

Emotional Health and Self-Esteem

Recognizing the emotional challenges that often accompany puberty, the care and keeping of you 2 pdf includes sections on managing mood swings, building self-esteem, and developing positive body image. It encourages open communication with trusted adults and peers as part of emotional support.

Hygiene and Skin Care

The guide offers practical tips for maintaining personal hygiene, including skin care routines for acne-prone skin and guidance on hair care. These instructions help readers establish healthy habits that contribute to comfort and confidence during adolescence.

Benefits of Using the Care and Keeping of You 2 PDF

The care and keeping of you 2 pdf offers multiple advantages as an educational and self-care resource. Its comprehensive content, combined with clear presentation, makes it an effective tool for facilitating adolescent health literacy. The digital PDF format enhances its usability and distribution.

Comprehensive and Age-Appropriate Information

One of the key benefits is the provision of medically reliable information tailored to the cognitive and emotional level of its intended audience. The care and keeping of you 2 pdf ensures that complex topics are broken down into understandable segments without oversimplifying critical health concepts.

Encourages Positive Health Practices

The guide promotes healthy behaviors by providing actionable advice on nutrition, hygiene, exercise, and emotional self-care. Its supportive tone helps reduce stigma and embarrassment around topics like menstruation and body changes.

Facilitates Communication Between Adolescents and Caregivers

By using the care and keeping of you 2 pdf, parents, educators, and healthcare providers gain a valuable resource to initiate conversations about puberty and health. This fosters a supportive environment where young individuals feel comfortable asking questions and expressing concerns.

Easy to Access and Share

The PDF format allows for easy downloading, printing, and sharing across various devices, making the care and keeping of you 2 pdf accessible in both home and educational settings. This flexibility supports diverse learning preferences and needs.

Accessibility and Availability of the Care and Keeping of You 2 PDF

The care and keeping of you 2 pdf is widely available through several reputable sources, including nonprofit health organizations and educational institutions. Its accessibility ensures that those seeking reliable adolescent health information can obtain it without cost or barriers.

Sources for Obtaining the PDF

The care and keeping of you 2 pdf can be downloaded from official websites that promote adolescent health and wellness. These sources typically offer the guide free of charge, ensuring equitable access to quality health education.

Compatibility and Device Support

As a PDF file, the care and keeping of you 2 pdf is compatible with most digital devices, including computers, tablets, and smartphones. This compatibility allows users to read and navigate the guide conveniently, whether online or offline.

Printable Format for Offline Use

Users can print the care and keeping of you 2 pdf for offline reading or distribution in classroom and counseling environments. This feature is especially beneficial for areas with limited internet connectivity or for users who prefer physical copies.

How to Use the Care and Keeping of You 2 PDF Effectively

Maximizing the benefits of the care and keeping of you 2 pdf requires understanding how to engage with its content thoughtfully. Proper utilization enhances comprehension and supports the development of healthy habits during adolescence.

Reading and Reviewing Sections Gradually

Given the breadth of topics covered, it is advisable to approach the care and keeping of you 2 pdf in manageable segments. This allows readers to absorb information at their own pace and revisit sections as needed for reinforcement.

Incorporating Discussions with Trusted Adults

Using the guide as a prompt for conversations with parents, guardians, or educators fosters an open dialogue about puberty and health. This interaction supports emotional reassurance and clarifies any uncertainties.

Applying Practical Tips and Recommendations

Readers are encouraged to implement the care and keeping of you 2 pdf's advice on hygiene, nutrition, and emotional care in daily routines. Consistent application of these tips contributes to long-term health and confidence.

Utilizing Supplementary Resources

To deepen understanding, users can complement the care and keeping of you 2 pdf with additional educational materials such as videos, workshops, or counseling services. This holistic approach enhances learning and support during adolescence.

Checklist for Effective Use

- Download or print the care and keeping of you 2 pdf from a trusted source.
- Set aside dedicated time to read through sections carefully.
- Highlight or note important points for future reference.
- Discuss questions or concerns with a trusted adult.
- Incorporate recommended self-care practices into daily life.
- Seek additional guidance if experiencing health issues or emotional difficulties.

Frequently Asked Questions

What is 'The Care and Keeping of You 2' PDF about?

'The Care and Keeping of You 2' PDF is a guidebook designed for preteen and teenage girls, focusing on physical and emotional changes during puberty, including topics like menstruation, hygiene, body image, and self-care.

Where can I legally download 'The Care and Keeping of You 2' PDF?

You can legally download 'The Care and Keeping of You 2' PDF from official sources such as the publisher's website, libraries offering digital loans, or authorized educational platforms. Avoid unauthorized websites to respect copyright.

Is 'The Care and Keeping of You 2' suitable for all ages?

This book is primarily intended for girls aged 10 to 14 who are going through puberty. It addresses sensitive topics in an age-appropriate manner, so parental guidance is recommended for younger readers.

What topics are covered in 'The Care and Keeping of You 2' PDF?

'The Care and Keeping of You 2' covers topics including body changes during puberty, menstrual health, emotional well-being, nutrition, skin and hair care, and tips for building self-confidence.

Can parents use 'The Care and Keeping of You 2' PDF as a resource to talk to their children?

Yes, parents can use this book as a helpful resource to facilitate open and informative conversations with their children about puberty, body changes, and self-care, making the transition easier and less intimidating.

Additional Resources

1. *The Care and Keeping of You 2: The Body Book for Older Girls*

This book is a comprehensive guide designed for girls aged 10 and up, focusing on the physical and emotional changes that occur during puberty. It covers topics such as hygiene, nutrition, body image, and emotional health with clear, empathetic language. The book is filled with illustrations and practical advice to help young girls feel confident and informed about their changing bodies.

2. *Celebrate Your Body: The Ultimate Puberty Book for Girls*

Written by a pediatrician, this book offers a thorough exploration of puberty and development for preteens and teens. It emphasizes self-esteem, body positivity, and understanding the science behind bodily changes. The accessible format and supportive tone make it a valuable resource for girls navigating adolescence.

3. *Girl to Girl: Honest Talk About Growing Up and Your Changing Body*

This candid book invites girls to learn about puberty, menstruation, and body image through straightforward explanations and relatable personal stories. It encourages open communication and provides answers to common questions in a non-intimidating way. The focus on emotional well-being alongside physical changes helps girls build resilience.

4. *The Girl's Body Book: Everything You Need to Know for Growing Up You*

This detailed guide covers anatomy, hygiene, puberty, and emotional health with an emphasis on empowerment and self-care. It includes interactive elements like quizzes and tips to engage readers actively. The book supports girls in understanding and respecting their bodies throughout adolescence.

5. *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health*

This award-winning book addresses puberty, reproduction, and sexual health in an inclusive and age-appropriate manner. It combines factual information with a compassionate approach to topics that can be sensitive or confusing. The vibrant illustrations and straightforward explanations help demystify the changes girls experience.

6. *Healthy Bodies, Healthy Minds: The Ultimate Guide to Puberty*

Focusing on the connection between physical changes and mental health, this book offers guidance on managing stress, emotions, and self-esteem during puberty. It provides practical advice on

nutrition, exercise, and hygiene while addressing the importance of mental well-being. The book encourages girls to develop healthy habits for life.

7. Period Power: A Manifesto for the Menstrual Movement

This book explores the cultural, social, and scientific aspects of menstruation, aiming to empower girls and women to embrace their cycles with confidence. It offers practical tips for menstrual care and addresses myths and taboos surrounding periods. The inspiring tone promotes body positivity and advocacy.

8. Body Positive Power: How to Stop Dieting, Make Peace with Your Body and Live

While not exclusively for young girls, this book provides valuable insights into cultivating a positive body image and rejecting harmful societal standards. It encourages readers to focus on self-care, acceptance, and overall wellness rather than appearance. The empowering message supports girls in building lifelong confidence.

9. The Everything Puberty Book: A Parent's Guide to Understanding Your Child's Changing Body and Emotional Health

This book is geared toward parents but is an excellent companion resource for girls going through puberty. It explains the physical and emotional changes children experience and offers advice on how to support them effectively. Understanding from both perspectives helps create a nurturing environment for growth.

[The Care And Keeping Of You 2 Pdf](#)

The Care and Keeping of You 2.0: A Comprehensive Guide to Self-Care in the Digital Age

This ebook delves into the crucial aspects of self-care in today's fast-paced, technology-driven world, offering practical strategies and actionable steps to nurture your physical, mental, and emotional well-being, adapting the classic "Care and Keeping of You" to a modern context. We will explore the impact of technology on our lives and how to mitigate its negative effects while harnessing its positive potential for self-improvement.

Ebook Title: Thriving in the Digital Age: The Care and Keeping of You 2.0

Contents:

Introduction: The Evolving Landscape of Self-Care

Chapter 1: Understanding Your Digital Footprint and its Impact on Well-being

Chapter 2: Managing Digital Overload and Promoting Mindfulness

Chapter 3: Nurturing Physical Health in a Sedentary World

Chapter 4: Cultivating Strong Relationships in the Age of Social Media

Chapter 5: Protecting Your Mental Health from Online Negativity

Chapter 6: Harnessing Technology for Self-Improvement

Chapter 7: Setting Boundaries and Prioritizing Digital Detox

Conclusion: Building a Sustainable Self-Care Routine for the Future

Detailed Outline Explanation:

Introduction: This section sets the stage, defining self-care in the context of the digital age and highlighting its growing importance in a world increasingly dominated by technology. It establishes the core theme and provides a roadmap for the subsequent chapters.

Chapter 1: Understanding Your Digital Footprint and its Impact on Well-being: This chapter explores the pervasive nature of our digital lives, examining how social media, constant connectivity, and online interactions affect our self-esteem, mental health, and overall well-being. It emphasizes the importance of self-awareness regarding online behavior.

Chapter 2: Managing Digital Overload and Promoting Mindfulness: This chapter delves into practical techniques for managing information overload, stress reduction, and incorporating mindfulness practices into daily routines to counter the negative effects of constant digital stimulation. It includes strategies for time management and digital decluttering.

Chapter 3: Nurturing Physical Health in a Sedentary World: This chapter addresses the physical health challenges associated with prolonged screen time and sedentary lifestyles. It provides guidance on incorporating regular exercise, healthy eating habits, and sufficient sleep into daily schedules despite technological demands. This section might include information on ergonomics and setting up a healthy workspace.

Chapter 4: Cultivating Strong Relationships in the Age of Social Media: This chapter explores the complexities of maintaining meaningful relationships in a digital world. It addresses the potential pitfalls of social media comparisons and offers strategies for fostering genuine connections, both online and offline. It also includes tips on communicating effectively and managing online interactions.

Chapter 5: Protecting Your Mental Health from Online Negativity: This chapter focuses on the mental health implications of cyberbullying, online harassment, and exposure to negative content. It provides strategies for coping with online negativity, building resilience, and seeking support when needed. It also emphasizes the importance of critical thinking and media literacy.

Chapter 6: Harnessing Technology for Self-Improvement: This chapter explores the positive aspects of technology, highlighting how tools and apps can be used to support self-care goals. This might include examples of meditation apps, fitness trackers, and online therapy resources. It emphasizes the need for responsible technology use.

Chapter 7: Setting Boundaries and Prioritizing Digital Detox: This chapter emphasizes the importance of setting healthy boundaries with technology and incorporating regular digital detox periods into one's routine. It provides practical strategies for managing technology usage and disconnecting to improve well-being. This might include examples of time-blocking techniques and creating technology-free zones.

Conclusion: Building a Sustainable Self-Care Routine for the Future: This section summarizes the key takeaways from the ebook, emphasizing the importance of personalized self-care plans and

continuous adaptation to the evolving digital landscape. It encourages readers to develop a sustainable self-care routine that integrates technology in a healthy and balanced way.

Keyword Optimization:

Throughout the ebook, consistent use of relevant keywords is crucial. Examples include: self-care, digital well-being, mental health, mindfulness, stress management, digital detox, social media, technology addiction, online safety, physical health, sleep hygiene, healthy relationships, work-life balance, digital mindfulness, technology overuse, ergonomics, cyberbullying, online negativity, self-improvement apps, digital minimalism, emotional well-being. These keywords should be naturally integrated into the text, avoiding keyword stuffing.

SEO Structure:

The ebook should be structured with clear headings and subheadings (H1-H6) reflecting the outline above. Each chapter should begin with a concise introduction and end with a summary or call to action. Use of bullet points, numbered lists, and bold text can improve readability and SEO. Internal linking between chapters and sections is also recommended.

Recent Research:

The ebook should cite relevant research to support claims and recommendations. This could include studies on the impact of social media on mental health, the effectiveness of mindfulness techniques, and the benefits of regular exercise. Properly referencing this research adds credibility and authority.

Practical Tips:

The ebook should provide actionable, practical advice that readers can readily implement in their daily lives. These tips should be clear, concise, and easily understood. Examples include specific mindfulness exercises, time management strategies, and healthy recipe ideas.

FAQs:

1. What is the difference between traditional self-care and self-care in the digital age? Traditional self-care often focuses on offline activities, while digital-age self-care integrates managing technology's impact on our well-being.
2. How can I identify if I'm suffering from digital overload? Signs include increased stress, anxiety, sleep disturbances, and difficulty focusing.
3. What are some effective strategies for digital detox? Schedule technology-free time, create technology-free zones, and use app timers to limit usage.
4. How can technology be used to enhance self-care? Use apps for mindfulness, meditation, fitness tracking, and online therapy.
5. How do I protect myself from online negativity? Be mindful of what you consume, curate your social media feeds, and report abusive behavior.
6. What is the impact of social media on relationships? Social media can enhance or hinder relationships depending on usage; mindful and balanced usage is crucial.
7. How can I improve my sleep hygiene in a digitally connected world? Avoid screens before bed, establish a relaxing bedtime routine.
8. What are some practical tips for managing work-life balance in the digital age? Set boundaries, prioritize tasks, and schedule downtime.
9. How do I build a sustainable self-care routine? Start small, be consistent, and adapt your routine based on your needs and preferences.

Related Articles:

1. The Psychology of Social Media Addiction: Explores the psychological mechanisms driving excessive social media use.
2. Mindfulness Techniques for Reducing Digital Stress: Offers practical mindfulness exercises to combat digital overload.
3. The Impact of Technology on Sleep Quality: Details the negative effects of screen time on sleep and offers solutions.
4. Building Healthy Relationships in a Digital World: Provides strategies for fostering meaningful connections online and offline.
5. Cyberbullying Prevention and Intervention Strategies: Offers advice on preventing and addressing

cyberbullying.

6. Digital Minimalism: A Guide to a Simpler Digital Life: Explores the principles of digital minimalism and how to implement them.

7. Ergonomics for a Healthy Workspace: Provides tips for setting up a workspace that promotes physical well-being.

8. Harnessing Technology for Personal Growth and Development: Showcases positive uses of technology for self-improvement.

9. The Benefits of Regular Digital Detox: Explores the physical and mental health benefits of disconnecting from technology.

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the care and keeping of you 2 pdf: The Care and Keeping of You Journal Cara Natterson, 2013-02-26 This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

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the care and keeping of you 2 pdf: Guy Stuff Cara Natterson, 2017-08-08 A real pediatrician and the author of the bestselling *Care & Keeping of You* series provides tips, how-tos, and facts about boys' changing bodies that will help them take care of themselves. Full color.

the care and keeping of you 2 pdf: Celebrate Your Body (and Its Changes, Too!) Sonya Renee Taylor, 2018-05-29 A body-positive guide to help girls ages 8 to 12 navigate the changes of puberty and grow into women Puberty can be a difficult time for a young girl—and it's natural not to know who (or what) to ask. *Celebrate Your Body* is a reassuring puberty book for girls that encourages them to face puberty and their body's changes with excitement and empowerment. From period care to mysterious hair in new places, this age-appropriate sex education book has the answers young girls are looking for—in a way that they can relate to. Covering everything from bras to braces, this body-positive puberty book for girls offers friendly guidance and support for when it's needed most. In addition to tips on managing intense feelings, making friends, and more, this book provides advice on what to eat and how to exercise so your body is healthy, happy, and ready for the changes ahead. **PUBERTY EXPLAINED:** Explanations on what happens, when it happens, and why the body (and mind) is amazing in every way. **SOCIAL SKILL DEVELOPMENT:** Help your young girl discover how to use her voice to stand up to peer pressure, stay safe on social media, and keep the right kind of friends. **SELF-CARE TIPS:** This body book for girls 9-12 helps them discover how to choose the right food, exercise, and sleep schedule to keep their changing bodies at their best. This inclusive puberty book for girls is the ultimate guide to facing puberty with confidence.

the care and keeping of you 2 pdf: Show Up for Your Life Chrystal Evans Hurst, 2019-02-05 What does the woman you'll be tomorrow want you to know today? *Show Up for Your Life* by gifted writer, speaker, and worship leader Chrystal Evans Hurst will help young women ages 13 and up stop worrying about the small stuff and start embracing who they are in God's eyes. From Chrystal

Evans Hurst, popular author of the adult title *She's Still There*, comes *Show Up for Your Life*, a book that empowers young women to appreciate their divinely created uniqueness instead of comparing themselves to others. *Show Up for Your Life* helps young women ages 13 and up: Remember all the positives in their life now and not get stuck in anxiety over the future Recognize their unique, God-given gifts Deal with distractions that throw them off course from God's plan for them Stop comparing themselves to others Chrystal shares her own stories that will inspire young women to stop worrying—whether it's about how to dress, who they hang with, or any of the other daily ups and downs of life—and face every day with an attitude of mindfulness and gratitude. Inside *Show Up for Your Life*, readers will love: Chrystal's conversational tone, honesty, and humble wisdom The interactive sections at the end of each chapter that summarize what you should remember, pose questions to encourage reflection, provide a responsive activity to do individually, and provide Scripture verses to guide growth

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the care and keeping of you 2 pdf: Ready, Set, Grow! Lynda Madaras, Linda Davick, 2009-08-18 Ready, Set, Grow! Young girls before the onset of puberty have a curiosity about their soon-to-be changing bodies that needs addressing in a simpler way than for their older sisters. In Madaras's proven, trust-worthy, friendly voice and style, this entirely new book now brings them the same kind of thoughtful, down-to-earth information—but at a reading and comprehension level that's just right for them. Responding throughout to real-life questions and observations from younger girls, Madaras explores the changes that are happening, or about to happen, to them, including: the development of breasts, body hair, and body fat; the changes in their reproductive organs, both inside and out; their first period and all the complex feelings surrounding it; the unwelcome appearance of acne and new body odors; and, perhaps most important, how to respect and celebrate their unique bodies, even when the outside world is not always so accepting. Lively cartoon drawings throughout make the book not only helpful, but fun to read, too.

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basics with a simple explanation of what puberty is and what boys can expect to happen in their bodies and brains during that time. All changes are discussed in terms of overall health and well-being, with a focus on hygiene, managing emotions, and maintaining safety and privacy. This boys' book on puberty includes: Easy definitions—Get a glossary of puberty terms with simple definitions that help boys understand their changing bodies. Coping mechanisms—Boys will learn how to deal with strong emotions by tapping into creativity, exercising, or practicing mindfulness. Topics relevant to teens today—Go beyond other puberty books with practical advice for handling challenges like social media, peer pressure, friendship, and more. Help your young boy confidently navigate adolescence with *Growing Up Great*.

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the care and keeping of you 2 pdf: *The Logic of Care* Annemarie Mol, 2008-05-24 What is 'good care' and does more choice lead to better care? This innovative and compelling work investigates good care and argues that the often touted ideal of 'patient choice' will not improve healthcare in the ways hoped for by its advocates.

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the care and keeping of you 2 pdf: *Sexuality for All Abilities* Katie Thune, 2020-06-04 This essential manual helps educators comfortably and knowledgeably bring comprehensive sex education to the special education classroom. Drawing on firsthand experience and real-world examples, the first half provides background material—including common roadblocks—and tools for how to effectively partner with parents. The second half breaks down the how-tos of implementing a successful sex education program and troubleshoots tricky situations that might come up in the special education classroom. Written in accessible, person-first language, this guide equips you with best practices for providing students with developmental disabilities with the knowledge and tools to engage in healthy relationships and live full lives as self-advocating sexual beings.

the care and keeping of you 2 pdf: *The Body Image Book for Girls* Charlotte Markey, 2020-09-10 It is worrying to think that most girls feel dissatisfied with their bodies, and that this can lead to serious problems including depression and eating disorders. Can some of those body image worries be eased? Body image expert and psychology professor Dr. Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies. She provides all the facts on puberty, mental health, self-care, why diets are bad news, dealing with social media, and everything

in-between. Girls will find answers to questions they always wanted to ask, the truth behind many body image myths, and real-life stories from girls who share their own experiences. Through this easy-to-read and beautifully illustrated guide, Dr. Markey teaches girls how to nurture both mental and physical health to improve their own body image, shows the positive impact they can have on others, and enables them to go out into the world feeling fearless

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When Isabel meets Curzon, a slave with ties to the Patriots, he encourages her to spy on her owners, who know details of British plans for invasion. She is reluctant at first, but when the unthinkable happens to Ruth, Isabel realizes her loyalty is available to the bidder who can provide her with freedom. From acclaimed author Laurie Halse Anderson comes this compelling, impeccably researched novel that shows the lengths we can go to cast off our chains, both physical and spiritual.

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