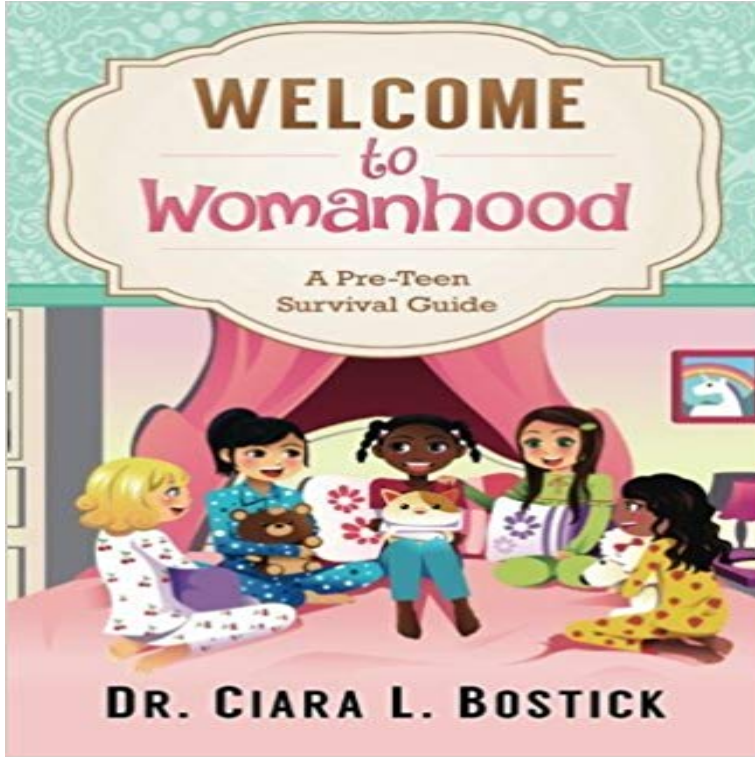


Welcome To Womanhood: A Pre-Teen Survival Guide



Have you ever thought about the fears of growing up? Are things starting to look a little different? Do you ever find yourself questioning how you look? . No worries, its all a part of the process of growing up and becoming a young woman. Welcome To Womanhood: A Pre-Teen Survival Guide, is a girlfriends guide to surviving those awkward adolescent changes and hormonal distresses. Written from a big sisters standpoint, Dr. Ciara explains the importance of having morals and values in the 21st Century, and incorporating them into your process of blossoming into a beautiful lady. Topics addressed in this book include: gossiping, bullying, manners, respecting authorities, hygiene, self-esteem, and many more.

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