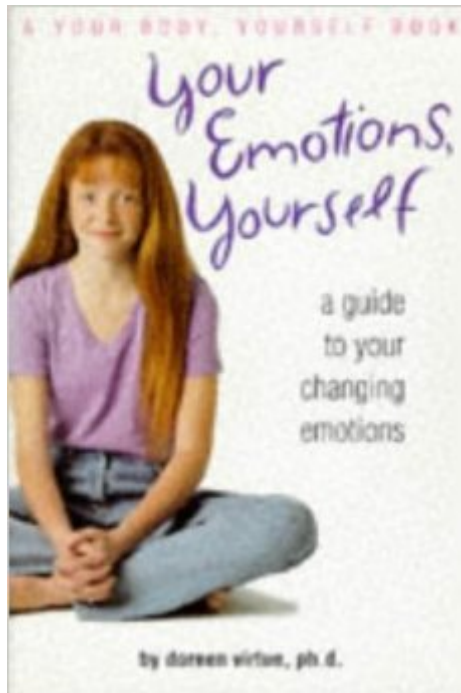


The book was found

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



Synopsis

Dr Doreen Virtue is a psychotherapist and former director of an adolescent mental health centre. With this book, she presents girls between the ages of ten and four teen with a guide to the emotional changes they are likely to 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 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #2,062,515 in Books (See Top 100 in Books) #75 inÂ Books > Teens >

Personal Health > Maturing #1514 inÂ Books > Teens > Education & Reference > Social Science

#3475 inÂ 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.

[Download to continue reading...](#)

Your Emotions, Yourself: A Guide to Your Changing Emotions (Your Body, Your Self Book) Deliver Me From Negative Emotions: Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book 2) Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low

Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body, and Spirit My Body, My Self for Boys: Revised Edition (What's Happening to My Body?) My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) Changing Bodies, Changing Lives: Expanded Third Edition: A Book for Teens on Sex and Relationships A Faith for the Future: Church's Teachings for a Changing World: Volume 3 (Church Teachings for Changing the World) As a Man Thinketh (Life-Changing Classics Ser) (Life-Changing Pamphlet) Changing Poverty, Changing Policies (Institute for Research on Poverty Series on Poverty and Public Policy) Changing Poverty, Changing Policies A Smart Girl's Guide: Drama, Rumors & Secrets: Staying True to Yourself in Changing Times (Smart Girl's Guides) Girl to Girl: Honest Talk About Growing Up and Your Changing Body Neurosculpting for New Habits: Brain-Changing Practices to End Self-Defeating Behaviors and Create Healthy Ones

[Dmca](#)