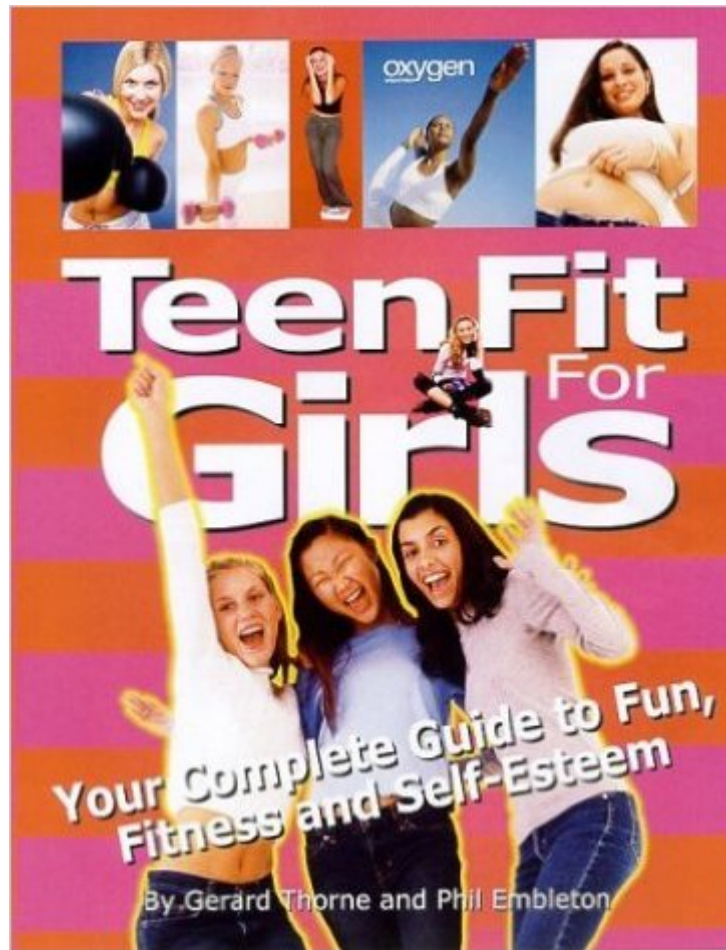


The book was found

Teen Fit For Girls: Your Complete Guide To Fun, Fitness And Self-Esteem



Synopsis

Addresses complex issues and helps guide teens through the most exciting time of their lives.

Book Information

Paperback: 432 pages

Publisher: Robert Kennedy (January 23, 2006)

Language: English

ISBN-10: 1552100294

ISBN-13: 978-1552100295

Product Dimensions: 8 x 0.9 x 10.1 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #3,539,871 in Books (See Top 100 in Books) #64 in [Books > Teens >](#)

[Personal Health > Fitness & Exercise](#) #197 in [Books > Health, Fitness & Dieting > Teen Health](#)

#416 in [Books > Teens > Personal Health > Self-Esteem](#)

Customer Reviews

I bought this book hoping it would help my 10-year old niece understand a bit more about nutrition, exercise, and general self-care. It does have quite a bit of good information about these topics, though often in too much detail for a 10-year old. It would be great for maybe someone 14-18 who already has basic nutrition knowledge, and wants to build on more detail about specifics like what different vitamins and minerals offer to the body, specific exercises to target certain muscles, etc. There's also an entire chapter devoted to vegan nutrition, which seems odd given the relatively small percentage of the population that is vegan - perhaps a page or two and a list of other references would have been sufficient. There is also a LOT of information on creatine, how to use it, etc. which I find is really unnecessary unless you have a teenager who is a serious athlete. I will either save this book for another 4-5 years and give it to my niece then, maybe re-sell it, or just read with her a few paragraphs here and there. I don't want to give her the whole book now since it also contains some sexuality information that I don't agree with - most of it's great, but some of it is too explicit or suggests moral choices that a 10-year old should not be introduced to quite yet.

Great book!

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

Teen Fit For Girls: Your Complete Guide to Fun, Fitness and Self-Esteem Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Teen Esteem: A Self-Direction Manual for Young Adults (Little Imp Books) Bible For Teen Girls: Great Bible Stories For Teen Girls Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness 104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) Children's Book: "Just The Way I Am": How to Build Self Confidence & Self-Esteem in children's books for ages 2 4 8 (Bedtime Stories Early Readers Picture Books in Kids Collection Book 3) Confident You! Coloring Book for Children: Fun Drawings with Encouraging, Positive Statements to Improve Self-Esteem 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) Fed & Fit: A 28 Day Food & Fitness Plan to Jump-Start Your Life with Over 175 Squeaky-Clean Paleo Recipes 15 Minutes to Fit: The Simple 30-Day Guide to Total Fitness, 15 Minutes At A Time Summer Fit First to Second Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Sixth to Seventh Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Being a Teen: Everything Teen Girls & Boys Should Know About Relationships, Sex, Love, Health, Identity & More

[Dmca](#)