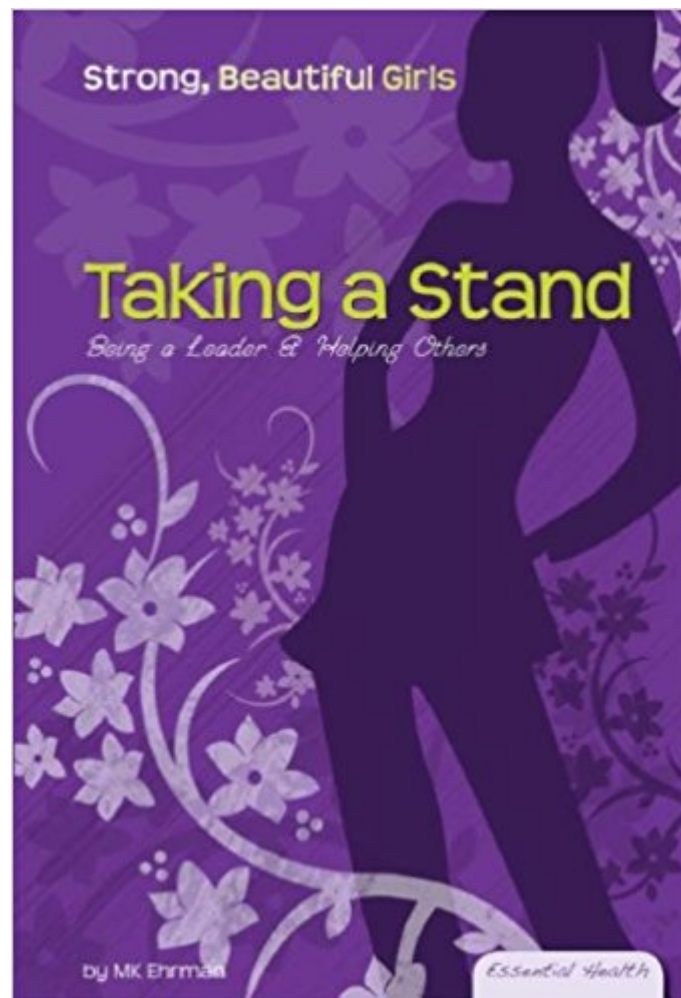




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Taking A Stand: Being A Leader & Helping Others (Essential Health: Strong Beautiful Girls)



Synopsis

Taking a Stand features fictional narratives paired with firsthand advice from a licensed psychologist to help preteen and teen girls evaluate success and build leadership skills. Topics include the challenges of competition, taking on too much, defining the qualities of a leader, the importance of good communication skills, and standing up for yourself. Throughout the book, Talk About It questions encourage discussion. Additional resources, a glossary, and an index are also included. Taking a Stand will leave readers feeling confident to take on new roles and become great leaders.

Book Information

Series: Essential Health: Strong Beautiful Girls

Library Binding: 112 pages

Publisher: Essential Library (August 1, 2008)

Language: English

ISBN-10: 1604531053

ISBN-13: 978-1604531053

Product Dimensions: 6.1 x 0.4 x 9 inches

Shipping Weight: 4.8 ounces

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