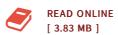




## Notes from a Coach: 31 Days of Meditation for Teenage Girls (Paperback)

By Carla Harris

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Teenage years can be the most challenging and impressionable of one s life. As a young girl, there is so much to learn and to figure out that frankly, it can be quite overwhelming! How do I cope with socializing, making friends and the inevitable trials of peer pressure? What is considered proper personal hygiene and wellness and how can I incorporate it into my daily routine? Am I mentally and physically competent to handle the responsibilities associated with dating or having sexual intercourse? Many parents don t take the time, don t have the time, or just are not present to orchestrate these essential milestones in their daughter s life. In Notes From a Coach, Carla Harris examines the multi-faceted issues teenage girls will encounter; while providing insight that will hopefully close the communication gap between parents and their children and help cultivate their relationships with one another.



## Reviews

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