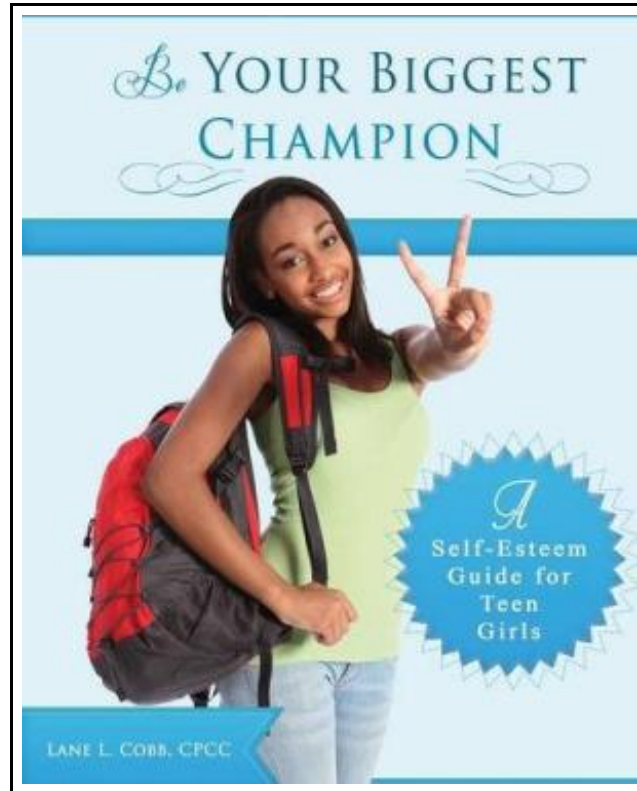


## Be Your Biggest Champion



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Xulon Press. Paperback. Book Condition: New. Paperback. 92 pages. Dimensions: 10.0in. x 8.0in. x 0.2in. A straight talking, no-nonsense motivational guide to developing and maintaining self-esteem that identifies real psychological, emotional, and physical issues faced by teen girls, including peer pressure, bullying, sexual promiscuity, and substance abuse, and provides the reader with tools to combat these and other challenges, and emerge with the ability to distinguish herself from others, effectively communicate her goals and set clear and attainable goals for the future. What readers are saying - Inspiring - This book was very inspiring. I enjoyed the fact that the author put her own personal stories in because everyones story is different. I would recommend this book to my friends. - Damaria, 9th Grade Enjoyable - I truly enjoyed the book. The activities made me go beyond the superficial and take a deeper look at myself. Thanks for a great read! - Sydney-Elise, 12th Grade Fun - This book was fun to read, not boring. I enjoyed the interactive parts. They kept me interested. I think most girls my age would enjoy this book. - Raegina, 12th Grade Lane L. Cobb is a certified life coach and wellness consultant who supports women and teen girls in identifying and embracing their personal goals and values, and developing the self-esteem necessary to gracefully navigate through lifes challenges and emerge victorious. Through her company, Straight Talk Empowerment Coaching for Women, Ms. Cobb provides individual and group coaching and consults with organizations that are committed to serving women and girls. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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