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Do You Know Who You Are?



Synopsis

What do your music choices reveal about your personality? What kind of a risk-taker are you? How have you changed since you were a kid? Where do you fit in your immediate family? What makes you happy – really, truly happy? Learn about your skills, dreams, desires, and personality with *Do You Know Who You Are?*, a guided journal for young adults who want to discover more about themselves. Part quiz book, part self-help book, and part activity book, *Do You Know Who You Are?* is packed with questionnaires, creative activities, fascinating analysis, and psychological wisdom. Created in collaboration with a professional psychologist who specializes in childhood and adolescence, this book provides an enjoyable and insightful journey for teenage girls who are interested in delving deeper into their true selves. With fun, bold visuals, thought-provoking quotes, and an interactive fill-in format, *Do You Know Who You Are?* speaks directly to young adult readers. It offers helpful tips and clear guidance, encouraging teens to develop a strong sense of self, and reassuring them that it's just fine to be exactly who they are.

Book Information

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Customer Reviews

Gr 6–9 • Teens, especially girls, will find this interactive book engaging and will enjoy reading it on their own or with a group of friends. With journal activities, quotes, and more than 60 quizzes, the book can be read cover to cover or browsed. Readers will feel as though they're diving into a diverting combination of teen magazines and online activities. The quizzes cover a variety of topics—the zodiac, personality traits, leadership style—and are presented with illustrations, tables, and check lists. The authors invite readers to write or draw on different

pages, which limits its use as a library item. Despite this drawback, this is an amusing read that should provide teens with hours of fun." — Denise Moore, O'Gorman Junior High School, Sioux Falls, SD

"Gr 6-9 — Teens, especially girls, will find this interactive book engaging and will enjoy reading it on their own or with a group of friends. Readers will feel as though they're diving into a diverting combination of teen magazines and online activities." — School Library Journal — "An excellent addition to any teen's library". — Examiner.com "[O]ffers helpful tips and clear guidance, encouraging teens to develop a strong sense of self, and reassuring them that it's just fine to be exactly who they are." — San Diego Family Magazine "Quizzing the reader about their leadership skills — is just plain brilliant." — Bear Essential News For Kids

Awesome for any one of any age!

Fantastic gift for teens.

Great book for my 10 year old girl! Fast shipping!

Christmas Gift for my daughter

Really cute book! I find it fun to look at when I'm bored!

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