



No Body's Perfect Journal

Kimberly Kirberger

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This helpful journal, from the co-author of the best-selling CHICKEN SOUP FOR THE TEENAGE SOUL books, is meant to be used as a companion to LOVING YOUR BODY / LOVING YOURSELF.

Inspired by the issues discussed in LOVING YOUR BODY / LOVING YOURSELF, this journal gives teens the opportunity to explore their own feelings about their bodies, themselves, and other related topics in a unique, personal way. Author Kimberly Kirberger provides commentary, questions, and suggested writing activities to help girls use the journal to work toward loving their bodies and themselves. Body image is the #1 issue among preteen and teen girls. This journal is specifically designed to help them express and work through their feelings on this powerful, important topic.

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