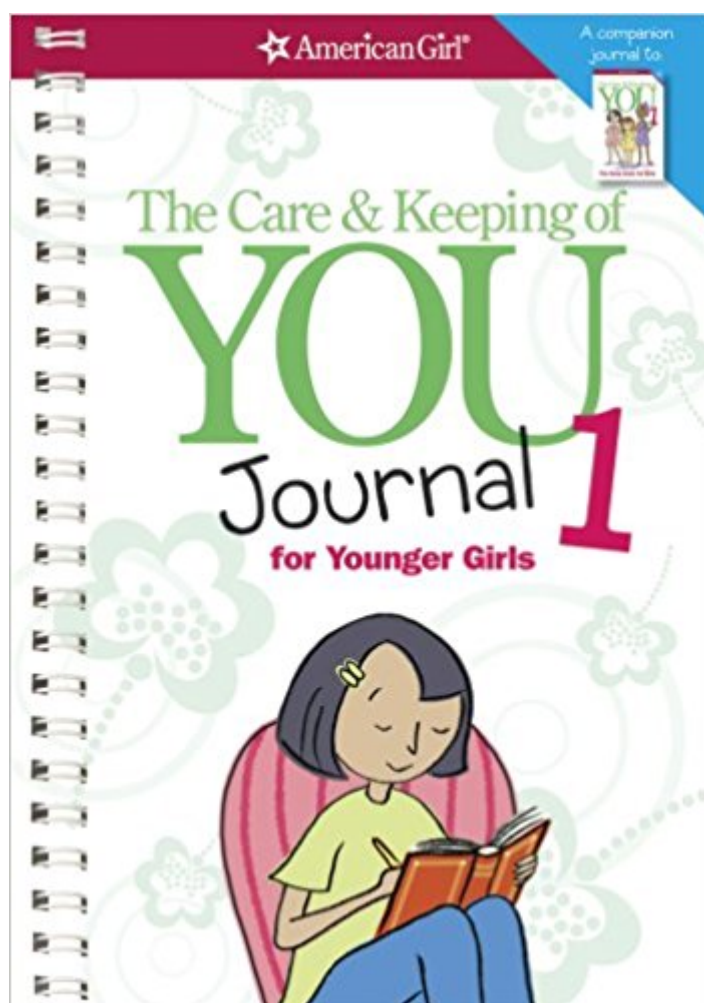


The book was found

The Care And Keeping Of You Journal (Revised): For Younger Girls (American Girl)



Synopsis

This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

Book Information

Series: American Girl

Spiral-bound: 96 pages

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Product Dimensions: 5.5 x 0.4 x 7.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 124 customer reviews

Best Sellers Rank: #7,665 in Books (See Top 100 in Books) #1 in [Books > Teens > Personal Health > Body, Mind & Spirit](#)

Customer Reviews

My daughter is very introverted and has a hard time talking about feelings. This journal has helped her because she can write about them and then sometimes she does discuss what she has written.

great tips and a great way for them to write about what their feelings are and stuff they are going through. Girls at this age are so into writing in journals, its perfect!

This is a great way to have your child reflect on what she is reading and for me to see how she is processing the information.

This product is a wonderful tool to use with the book. It helps young girls put their thoughts in perspective. Great mother daughter conversation tool. I really recommend.

This book has helped to guide my daughter towards understanding the changes in her body as she grows and has opened a door to discussing it with me. Strongly recommend.

My 9 year old enjoyed reflecting on her reading with this journal. So glad i bought this with the book!

Cute journal, with though provoking, interesting journal topics.

9 yo daughter found this very interesting. She had read the book ,The care and keeping of you ,but enjoyed the opportunity to tell her story. She is saving it to write down her experiences as they happen. I would recommend it to mom's of young girls to help start important coming of age discussions.

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