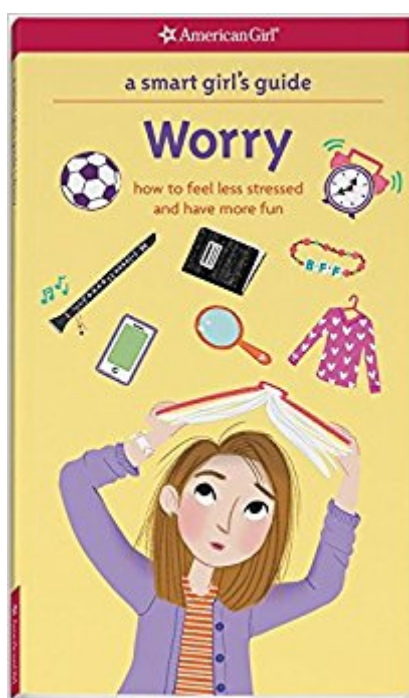


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# A Smart Girl's Guide: Worry: How To Feel Less Stressed And Have More Fun (Smart Girl's Guide To...)



## Synopsis

Every girl worries from time to time. Maybe it's an argument with a friend, or a big test, or a performance in front of a crowd. Maybe it's her body. Maybe it's even something fun, like a slumber party or overnight camp--or something really big, like moving away or her parents' divorce. For many girls, even small worries can take on a life of their own and get in the way of enjoying life. But this book will help take charge over your worries. You'll learn tried-and-true ways to overcome fears and create a sense of calm. You'll take quizzes and find out about yourself and what concerns you, and you'll read advice from real girls who found ways to deal with their own worries. The book is packed with proven techniques for handling worry and creating confidence--freeing you to be the girl you're meant to be.

## Book Information

Series: Smart Girl's Guide To...

Paperback: 96 pages

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Product Dimensions: 5.5 x 0.4 x 9.5 inches

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Average Customer Review: 4.7 out of 5 stars 65 customer reviews

Best Sellers Rank: #4,799 in Books (See Top 100 in Books) #49 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect](#) #79 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 9 - 12 years

Grade Level: 4 - 7

## Customer Reviews

Very good language and strategies for a teenager who wants to quietly work on these worries about worries!

My 10 year old suffers from general anxiety. This book has helped her so much. It lets her know A) that she is not alone B) coping skills C) how writing can be therapeutic. I highly recommend this book.

Perfectly written for my nine year old daughter!

We thought it was great. Some very good tools and skills.

This is a great series of books

This was a gift and have received very little feedback yet. Hopefully will be helpful.

Great book for girls!

so helpful

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A Smart Girl's Guide: Worry: How to Feel Less Stressed and Have More Fun (Smart Girl's Guide To...) Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panic Attacks from Your Life Permanently "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety The Worry Cure: Seven Steps to Stop Worry from Stopping You Freedom Seeker: Live More. Worry Less. Do What You Love. Have Fun in Rio de Janeiro: A Guide to the Living City (Have Fun World Collection) The Chiropractor's Guide: 56 Proven Ways to Help More People, Have More Fun, and Make More Money Crafting: The Top 300 Best Crafts: Fun and Easy Crafting Ideas, Patterns, Hobbies, Jewelry and More For You, Family, Friends and Holidays (Have Fun Crafting ... Woodworking Painting Guide Book 1) RVing: Less Hassle - More Joy: Secrets of Having More Fun with Your RV - Even on a Limited Budget A Smart Girl's Guide: Staying Home Alone (Revised): A Girl's Guide to Feeling Safe and Having Fun A Smart Girl's Guide: Digital World: How to Connect, Share, Play, and Keep Yourself Safe (Smart Girl's Guide To...) A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (Smart Girl's Guide To...) A Smart Girl's Guide: Cooking: How to Make Food for Your Friends, Your Family & Yourself (Smart Girl's Guide To...) You're the Chef: A Cookbook Companion for A Smart Girl's Guide: Cooking (Smart Girl's Guide To...) A Perfect Mess: Why You Don't Have to Worry About Being Good Enough for God A Smart

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