



# This Is Me: A Girl's Journal

*Julie Metzger RN MN*

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# This Is Me: A Girl's Journal

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## **This Is Me: A Girl's Journal** Julie Metzger RN MN

An inspiring journal filled with girl power to help preteen girls understand themselves, express their creativity, and unlock their feelings, hopes, and dreams. Much more than a journal, *This Is Me* contains thoughtful questions, useful advice, quotes, musings, and positive, encouraging ideas from author Julie Metzger, a respected nurse, lecturer, and authority on preadolescent girls. Beautifully illustrated and designed to appeal to girls who are in the tender time between childhood and adolescence—years marked by complex and dramatic physical and emotional changes. This journal will help guide, reassure, inspire and comfort young girls ages 10 and up as they embark on a new leg of their growing-up journey.

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