



3-D Life Coaching for Girls Old and Young

By Amirah Bellamy

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The ebb and flow of life as a teen/tween girl and a woman is more fulfilling than we could ever dream of. However, it can also be quite challenging. This program for teen/tween girls and women helps you get to the heart of resolving those challenges. It provides a safe space for dealing with the colorfulness of our lives. During this time we talk about knowing our own worth, making good choices, the importance of having dreams/desires and working toward them and so much more!! We address issues like peer pressure, bullying, low self-image, relationship problems and depression. In this program we address these issues in a direct, but super cuddly, zen way. Essentially, through this program you get all the benefits of zen therapy. Aside from being a yogi, during her many lives, Amirah has worked with children in group homes, adult women in mental hospitals and led various counseling group sessions. You ll see that from each of these paths, she s gained loads of valuable insight into getting to the core of...



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Reviews

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