



Be Your Biggest Champion

By Cpcc Lane L. Cobb

Xulon Press. Paperback. Book Condition: New. Paperback. 92 pages. Dimensions: 10.0in. x 8.0in. x 0.2in. A straight talking, no-nonsense motivational guide to developing and maintaining self-esteem that identifies real psychological, emotional, and physical issues faced by teen girls, including peer pressure, bullying, sexual promiscuity, and substance abuse, and provides the reader with tools to combat these and other challenges, and emerge with the ability to distinguish herself from others, effectively communicate her goals and set clear and attainable goals for the future. What readers are saying - Inspiring - This book was very inspiring. I enjoyed the fact that the author put her own personal stories in because everyones story is different. I would recommend this book to my friends. - Damaria, 9th Grade Enjoyable - I truly enjoyed the book. The activities made me go beyond the superficial and take a deeper look at myself. Thanks for a great read! - Sydney-Elise, 12th Grade Fun - This book was fun to read, not boring. I enjoyed the interactive parts. They kept me interested. I think most girls my age would enjoy this book. - Raegina, 12th Grade Lane L. Cobb is a certified life coach and wellness consultant who supports...



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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**