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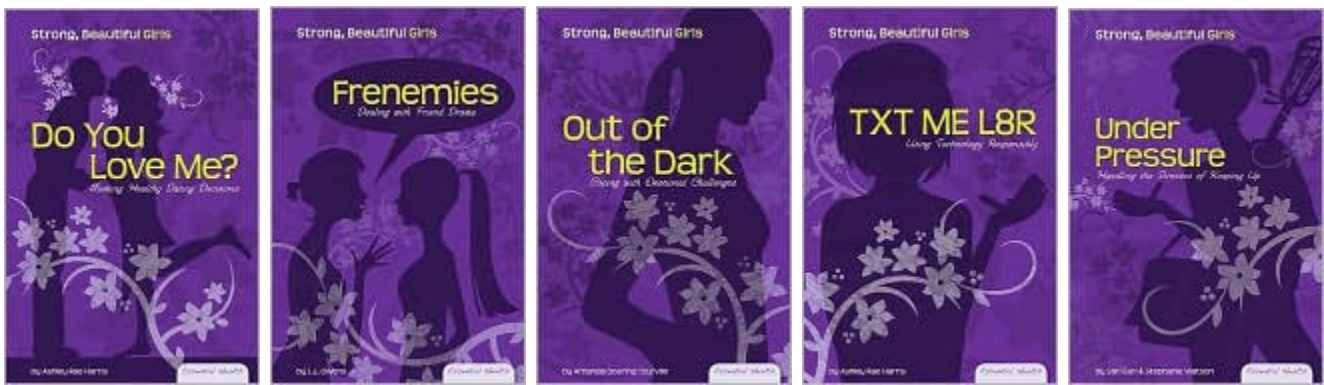
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Essential Health: Strong Beautiful Girls 2

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From body battles to family drama, tween and teen girls face many sticky situations. Essential Health brings these widespread issues to life with character narratives and discussion questions. Readers will develop positive ways to deal with common scenarios, while also building self-esteem. Advice from a professional doctor and encouraging tips conclude each chapter and leave readers feeling confident to handle upcoming challenges.

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