



# Soul Searching: A Girl's Guide to Finding Herself

*Sarah Stillman*

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# Soul Searching: A Girl's Guide to Finding Herself

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**Soul Searching: A Girl's Guide to Finding Herself** Sarah Stillman

**An updated, indispensable guide to empowerment and self-discovery for teens.**

While fashion magazines, television programs, and websites emphasize the superficial and foster insecurities, Sarah Stillman directs teen girls to a healthy place where a strong sense of self and direction take center stage. Originally written when the author was just sixteen, *Soul Searching* has been fully updated and expanded to address the concerns of today's teens, bringing girl power to the printed page by offering young women a clear path to self-discovery and empowerment. Through fun quizzes, insightful exercises, and provocative statistics, Stillman guides young women through the complex maze between adolescence and adulthood.

Featuring updated sections on safe cell-phone use, social media, health, and gender, as well as including updated resources throughout, *Soul Searching* is a must-read for teenage girls.

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