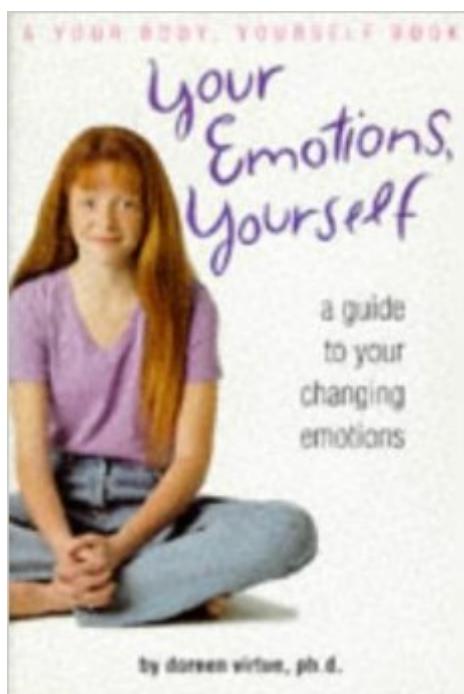


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# Your Emotions, Yourself: A Guide To Your Changing Emotions (Your Body, Your Self Book)



## Synopsis

Dr Doreen Virtue is a psychotherapist and former director of an adolescent mental health centre. With this book, she presents girls between the ages of ten and fourteen with a guide to the emotional changes they are likely to be experiencing. '

## Book Information

Series: Your Body, Your Self Book

Paperback: 160 pages

Publisher: Lowell House (September 1996)

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Product Dimensions: 0.5 x 6 x 9.2 inches

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Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

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## Customer Reviews

I truly thought this book was wonderful and helpful. I was wondering about so many things and this book helped me figure them all out. I suggest everyone read this book. The emotion I'm feeling for this book is excitement and happy. I honestly love this book.

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