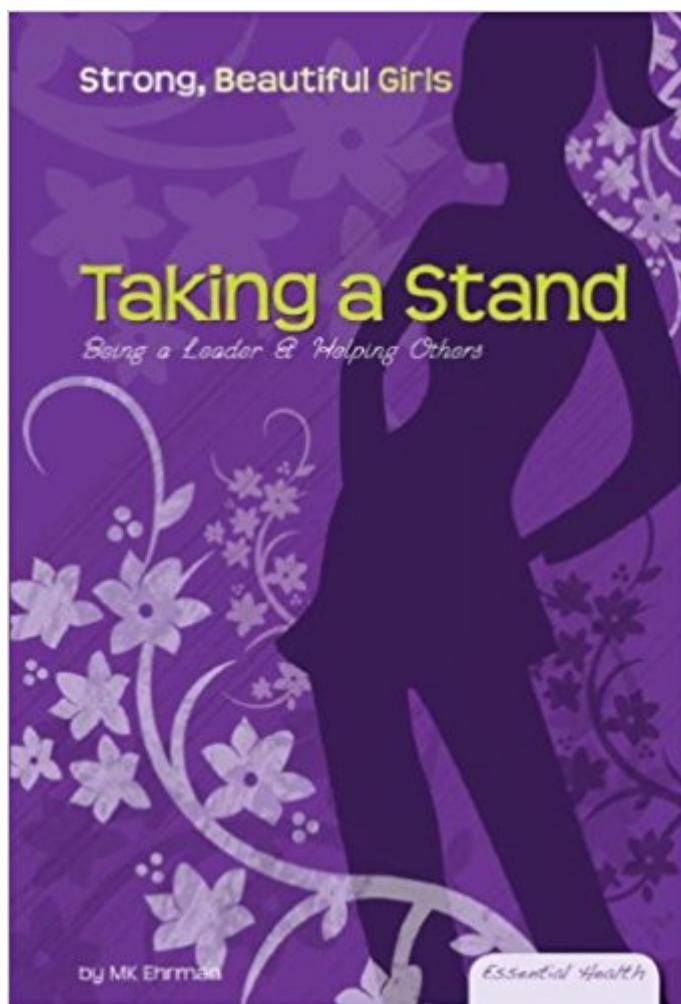


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# Taking A Stand: Being A Leader & Helping Others (Essential Health: Strong Beautiful Girls)



## Synopsis

Taking a Stand features fictional narratives paired with firsthand advice from a licensed psychologist to help preteen and teen girls evaluate success and build leadership skills. Topics include the challenges of competition, taking on too much, defining the qualities of a leader, the importance of good communication skills, and standing up for yourself. Throughout the book, Talk About It questions encourage discussion. Additional resources, a glossary, and an index are also included. Taking a Stand will leave readers feeling confident to take on new roles and become great leaders.

## Book Information

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