



Girls Rising: A Guide to Nurturing a Confident and Soulful Adolescent

Urana Jackson

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This guide for adults working with adolescent girls will help them explore and develop their emotional, social, and spiritual selves.

Young people are hungry and capable of engaging in meaningful explorations of themselves and the world around them. Adolescent girls especially have a deep desire and capacity to know themselves and explore their own spirituality. *Girls Rising* is a workbook of activities designed for educators, mental health clinicians, youth workers, parents, and, in some cases, peer educators working with girls ages 13 — 17 that provides a process for them to explore and develop their emotional, social, and spiritual selves. The curriculum comprises of four themes surrounding self-awareness, empathy and communication skills, social engagement, and transpersonal exploration. Incorporates drawing, writing, music, media, role-playing, storytelling, and deeply penetrating interactive activities to help incite self-discovery, enhance relationships, and connect girls to a cause, principal, or source greater than themselves. Jackson's guide offers teenage girls a unique opportunity to engage with their changing selves and their environment from a deeply soulful and creative place.

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Neil Myers:

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Leon Fisher:

In this age globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The particular book that recommended to your account is Girls Rising: A Guide to Nurturing a Confident and Soulful Adolescent this guide consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some exploration when he makes this book. Here is why this book suited all of you.

Elizabeth Easterling:

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