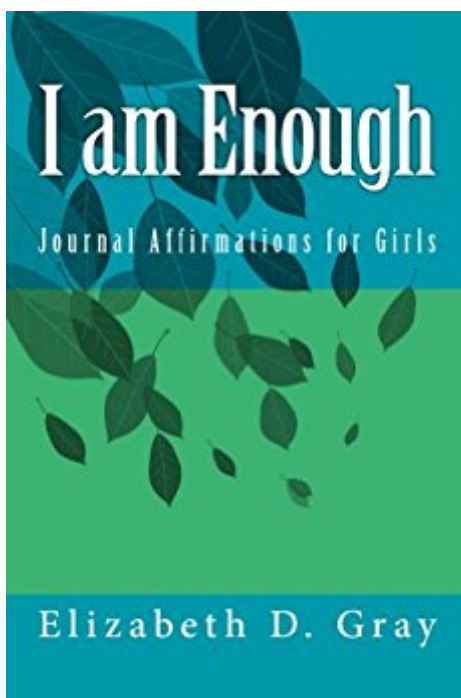


The book was found

I Am Enough: Journal Affirmations For Girls



Synopsis

Our six book series is designed to empower girls to navigate their way through life with confidence, self-esteem, compassion, creativity, collaboration and joy through the thoughtful contemplation and expression of their own unique perspectives, ideals and experiences. Each book is excellent as a journal for one girl or as a tool in a group setting for writing and discussion. Topics are particularly relevant today, such as, "I am not a Measurement." Journal entries do not talk down or issue simple edicts, but respect the intelligence and individuality of every girl. There can be not the slightest shred of doubt that you are enough as you are. This book of empowering affirmations for girls makes this point absolutely clear. Use the notes pages to journal your thoughts as you affirm this truth. You are Enough. I am not a Measurement I am not a measurement A set of numbers Their relevance determined by others In a society that seeks constant judgment A computation of my proportions Against garish standards Dividing the good and the bad According to some scale Created in absurdity In some strange twist of fate A crooked line in humanity's development I am not a computation on a bell curve A dot on a graph I refuse to be measured On any scale Not wrought of my own design The dial turning The arrow pointing In a direction of my choosing And mine alone For there is no equation Capable of measuring me My complexities surpass the ability To be analyzed by numbers Meant to fit inside boxes I reject the proposition That places me on any scale I am not a measurement

Other Titles in Our Girls' Series: I am Beautiful: Journal Affirmations for Girls I am the Change: Journal Affirmations for Girls I am Successful: Journal Affirmations for Girls Becoming Me: Journal Affirmations for Girls Vol 1 Becoming Me: Journal Affirmations for Girls Vol 2

Book Information

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Customer Reviews

Unlike boys, girls are supersensitive to who they are, especially when they perceive themselves as not fitting the mode the world has set for them; and this is especially true when it comes to their bodies. Unlike boys, girls are looked at and rated each day of their lives. All this adds up for girls to ask themselves the proverbial question each day "Am I good enough." There is basically one way to help girls out of this rut and that way is to empower and inspire these girls to realize who/what they are and the difference they are able to make in today's dog-eat-dog world. And in order to achieve this goal they need help. Mothers, while they've been down this road before, still need some assistance in directing their daughter in covering the different aspects involved. Single fathers, already lost when it comes to their daughters, need ALL the help they can get in helping them reach womanhood with any residual scars of growing up without a mother. This book contains 25 affirmations which the young girl[s] in your family need to read, contemplate as what each one means to them, write their thoughts. While this is easy in the paperback edition of the book, those reading it as a KINDLE edition should get an old-fashion marble composition notebook, and write the title of this book on the outside. Inside they should, and write down the title of each affirmation, followed by their thoughts. The intention of this book is that by responding to each of these 25 affirmations the girls reading this book should get the emotional support and encouragement they need to succeed; which is why this reviewer is giving 5 STARS to this book. I read this book via a KINDLE Unlimited download.

I have not read anything quite like this for girls, and that's a good thing, because some of these affirmations are pretty powerful. Just the title of the first one, "I am not a measurement," gives you a good idea.

It's a nice diary

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