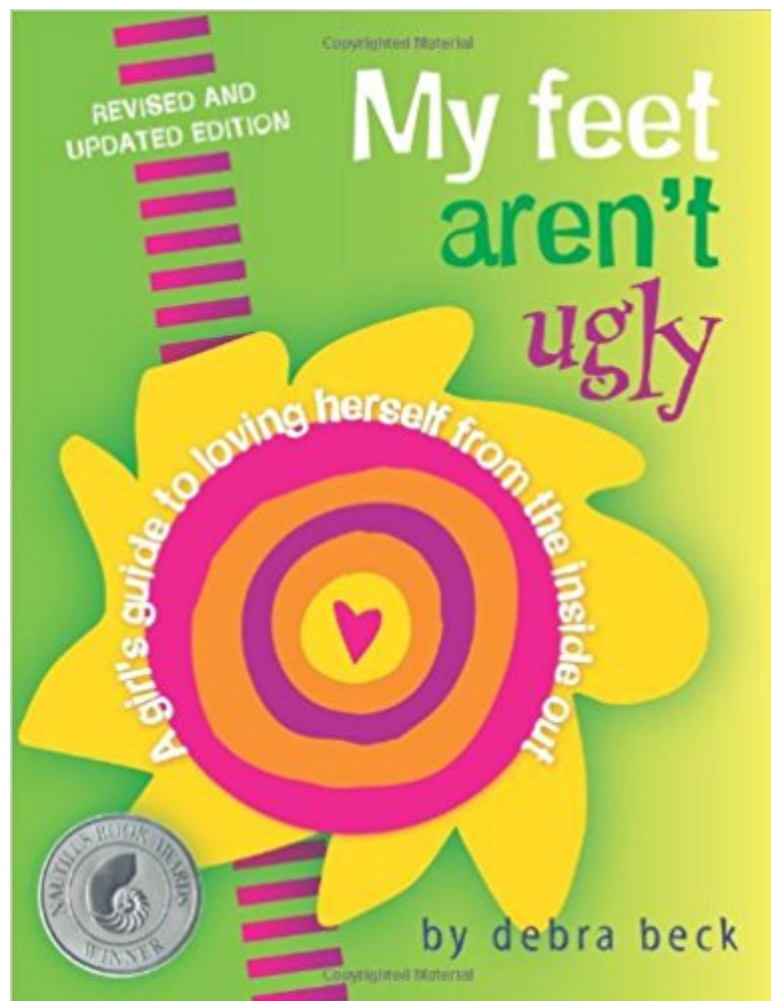




The book was found

My Feet Aren't Ugly: A Girl's Guide To Loving Herself From The Inside Out



Synopsis

Do you ever feel bad about yourself or have trouble being yourself while still fitting in? Do you have tough questions you are afraid to ask? In this funny, honest book, teen mentor Debra Beck provides personal stories, quizzes, journaling exercises, and thoughts from teens themselves to help you develop your self-confidence. Learn how to make healthy decisions in the face of peer pressure, have strong relationships with family and friends, and respect and love yourself for who you are. This revised and updated edition also has new chapters on bullying and internet safety.

Book Information

Paperback: 176 pages

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Product Dimensions: 6.9 x 0.6 x 8.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 29 customer reviews

Best Sellers Rank: #517,429 in Books (See Top 100 in Books) #36 in [Books > Teens > Social Issues > Bullying](#) #134 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#) #135 in [Books > Teens > Personal Health > Self-Esteem](#)

Age Range: 12 - 15 years

Grade Level: 7 - 10

Customer Reviews

"My Feet Aren't Ugly" is both funny and deep, and reveals the challenges teen girls face today. Debra reaches out to teens in their own language, and offers solutions to difficult problems. Every teen girl should read this book!-Vanessa Van Petten, author of "Do I Get My Allowance before or after I'm Grounded?" and founder of RadicalParenting.com "My Feet Aren't Ugly" is an excellent read and a great tool for parents, teachers, and counselors. Young readers will gain self-esteem and new skills in positive thinking and goal setting thanks to the affirmation and self-reflection led by Debra.-Michelle Rossi, author of "All About Me" and contributing author in the "Chicken Soup for the Soul" series A must-read for all girls facing the huge challenge of being a teenager today!-Sue Scheff, parent advocate and author of Google Bomb and Wit's End My Feet Aren

2009 Mom's Choice Award for Self-Improvement- Gold medal Moonbeam Award for Best First Book
Young Adult, Non-Fiction- Bronze medal Nautilus Book Award for Young Adult, Non-Fiction -Silver
medal USA Book News Best Book Award Winner- Gold medal --This text refers to an out of print or
unavailable edition of this title.

Disclaimer, I live in Sedona & know the author, Debra Beck. I wanted to read this book as a friend of
the author and as the Mother & step Mother of several now adult girls! I thought that this book really
addresses the many issues facing teen girls & gives teen girls great information and tools to
navigate through the difficult teen years, empowering them all the way. I was kind of blown away
reading the book, as there were several sections that opened up my eyes & helped me learn about
myself! A great read for any parents of teen girls & for Adult women to read for the 'teen girl within!"
Great job Debra! Well done!

Debra Beck does a great job teaching young girls how to love themselves. It is not that empty,
shallow and selfish love but the true love based on confidence and hard work. This book talks about
important topics that many books dealt with like drugs, sex and eating disorders, as well as,
refreshing topics that I enjoyed having introduced to my daughter such as finishing projects, stress
reduction and health maintenance and how they are related to confidence and self appreciation. Ms.
Beck also provided short journals that help young girls search and understand themselves; well
done!

I enjoyed reading this novel especially since I can really relate . This book gave me some insight
about being myself and being confident. I hope all teens and preteens get a chance to read this
book.

I am the former CEO of a Children's Home for abused and neglected children. We took care of over
four hundred children each and every day and dealt with all types of childhood issues. Self Esteem
was one issue we regularly were presented with. MY FEET AREN'T UGLY is a wonderful and
necessary book that addresses "self esteem" directly and simply....as in easy to understand. Debra
Beck has written a powerful book with MY FEET AREN'T UGLY. So simple but with a complex
message. As I read it I found myself thinking..."of course, why didn't I think of that". This book
should be read by all adolescent children. Although the book is written more for young ladies it
works well for young men too. A necessary and helpful read for parents also. An enjoyable

presentation makes this book fun and important. Get it, read it enjoy it and live it.

A nice guide for adolescences who are struggling in this wonderfulbul confusing world. I have given this book to several of my students and they have enjoyed it and learned how to be better.

I received my book on time. I bought it for my niece. It is a really cute book.

There are many examples in this book which would have helped me out immensely when I was young. In particular, not doing something when you are uncomfortable about it. Also, the fact that everyone is unique and we should celebrate our differences, not try to be like some else so they may like us. Kudos to Debra!

Awesome book for Tween girls. Helped my girls love themselves!

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