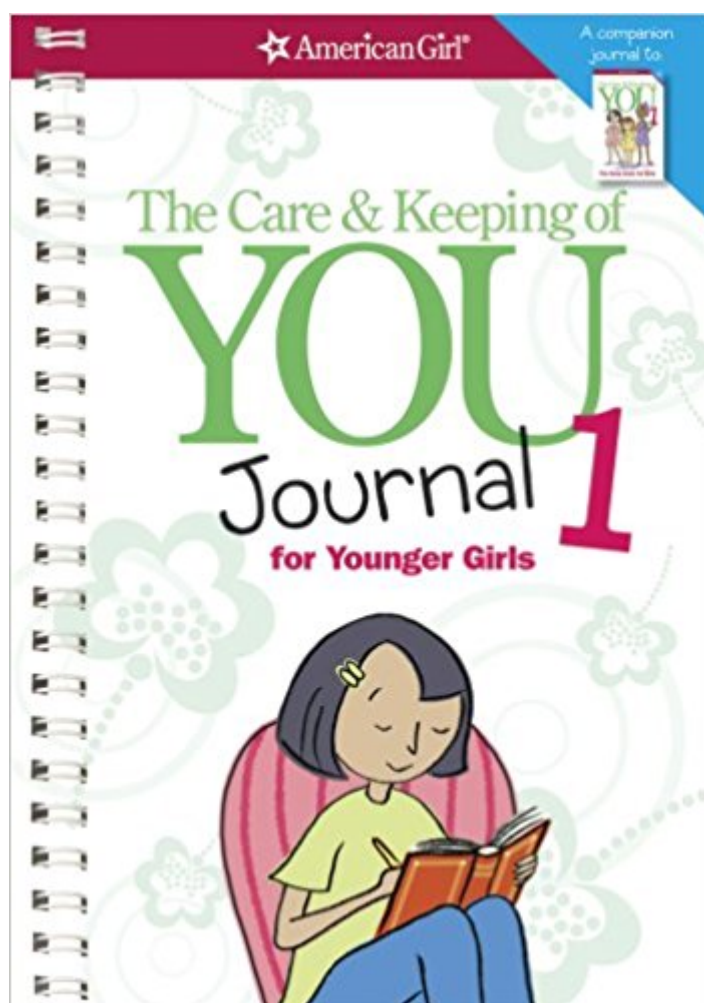


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# The Care And Keeping Of You Journal (Revised): For Younger Girls (American Girl)



## Synopsis

This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

## Book Information

Series: American Girl

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Product Dimensions: 5.5 x 0.4 x 7.8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 124 customer reviews

Best Sellers Rank: #7,665 in Books (See Top 100 in Books) #1 in [Books > Teens > Personal Health > Body, Mind & Spirit](#)

## Customer Reviews

My daughter is very introverted and has a hard time talking about feelings. This journal has helped her because she can write about them and then sometimes she does discuss what she has written.

great tips and a great way for them to write about what their feelings are and stuff they are going through. Girls at this age are so into writing in journals, its perfect!

This is a great way to have your child reflect on what she is reading and for me to see how she is processing the information.

This product is a wonderful tool to use with the book. It helps young girls put their thoughts in perspective. Great mother daughter conversation tool. I really recommend.

This book has helped to guide my daughter towards understanding the changes in her body as she grows and has opened a door to discussing it with me. Strongly recommend.

My 9 year old enjoyed reflecting on her reading with this journal. So glad i bought this with the book!

Cute journal, with though provoking, interesting journal topics.

9 yo daughter found this very interesting. She had read the book ,The care and keeping of you ,but enjoyed the opportunity to tell her story. She is saving it to write down her experiences as they happen. I would recommend it to mom's of young girls to help start important coming of age discussions.

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The Care and Keeping of You Journal (Revised): for Younger Girls (American Girl) The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) The Care and Keeping of You (American Girl) (American Girl Library) The Care and Keeping of You 2 Journal (American Girl) Beekeeping: Amazing Guide for Beginners(Beekeeping Basics,Beekeeping Guide,The essential beekeeping guide,Backyard Beekeeper,Building Beehives,Keeping ... bee keeping,bee keeping) (Volume 1) Is This Normal (Revised): MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) A Smart Girl's Guide: Babysitting: The Care and Keeping of Kids (Smart Girl's Guides) Your Happiest You: The Care & Keeping of Your Mind and Spirit (American Girl) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep The Care and Keeping of You 2: The Body Book for Older Girls Cute Piglet: Sketchbook for Kids : Dot Grid Journal : Notebook Composition:Girls: dot grid journal and sketchbook for boys and girls 8x10 inch,99 Pages The Babysitter's Handbook: The Care and Keeping of Kids (American Girl (Quality)) Hair- Styling Tips and Tricks for Girls (American Girl) (American Girl Library) Ten Years Younger In A Weekend (Beauty And Fashion Secrets To Look Younger Naturally Book 1) How to Look Younger

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