



## Secrets: Diary of a Gutsy Teen

By Barbara Becker Holstein

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, Secrets: Diary of a Gutsy Teen, Barbara Becker Holstein, Following in the footsteps of The Truth, Secrets: Diary of a Gutsy Teen begins as the thirteen-year-old protagonist makes a move with her family to a new town. She has grown up a lot over the past year--and has made a list of everything that's important to her now that she doesn't want to forget when she gets older. But now, as she enters her early teen years, she begins to write down the secrets she wants to keep--and the ones she has no one to tell about. From new school experiences to a new baby in the family to a new crush, this new teen finally feels empowered on making her own decisions with confidence and keeping those secrets she holds dearest for herself. In a positive and supportive diary-entry format, Dr. Barbara Becker Holstein encourages tween and early teen girls to carry the most precious parts of themselves into adulthood. A great book for mothers and daughters to read together, Secrets is aimed to improve communication, understanding, and self-esteem for young girls as they enter the rocky road of teenager-dom.



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