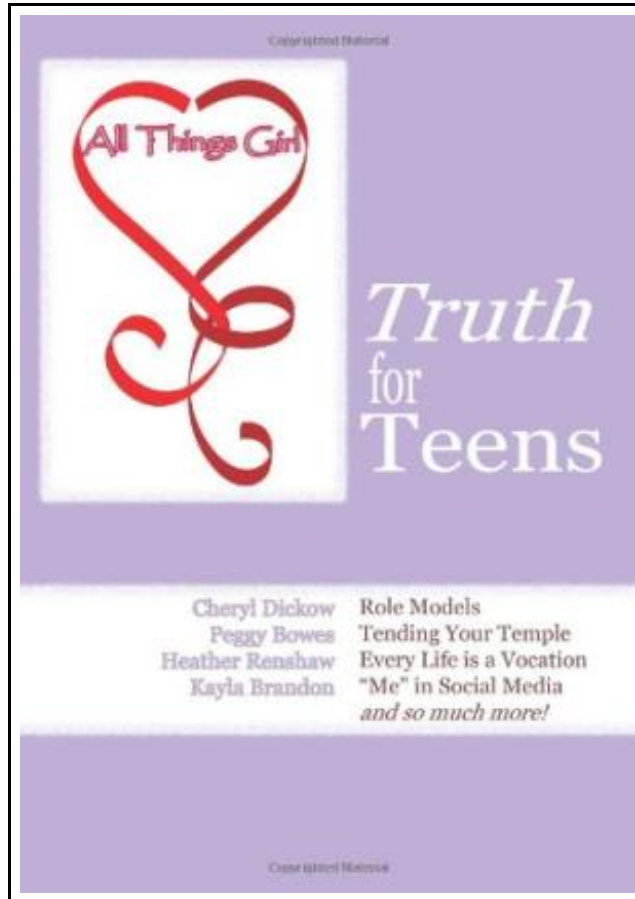


## All Things Girl: Truth for Teens



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### ***Reviews***

*A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.*

***(Dr. Grady Jacobi DDS)***

## ALL THINGS GIRL: TRUTH FOR TEENS



Paperback. Book Condition: New. Paperback. 154 pages. All Things Girl: Truth for Teens (2nd Revised Edition, 2014 release) is the exciting, passionate revelation about what it means to be a daughter of the King. The true beauty and wonder of being a girl is uncovered in a wide variety of topics. Inspiration to live in that truth radiates from each and every page of this wonderful new 150 page, color book for teen girls aged 13 through 19. A glimpse of the fresh new voices in the 2014 2nd revised edition of All Things Girl: Truth for Teens include Peggy Bowes, Heather Anderson Renshaw, and Kayla Brandon. Peggy Bowes, best-selling author and sought-after speaker, lays the groundwork for teen health and fitness. Peggy is a devout Catholic and the author of The Rosary Workout and co-author of Tending the Temple. She graduated from the US Air Force Academy in 1988 and served nine years as an Air Force instructor pilot and Health and Wellness consultant. After leaving the military to raise a family, Peggy continued her education in the fitness industry by becoming certified as a personal trainer, Lifestyle and Weight Management Consultant and Spinning instructor. She established a successful and rewarding business in metabolic and athletic performance (VO2) testing, with an emphasis on weight loss counseling. Peggy is very active in parish life where she has been a lector, CCD teacher, and Little Flowers Girls Club leader. She also enjoys triathlons, hiking, adventure races, and other sports as she incorporates all the benefits and blessings of The Rosary Workout. Peggy, her husband and two teenage children currently reside in North Carolina. Every life is a vocation and who better to write about vocations in general, and the vocation of motherhood in particular, than the funny and talented mother of...



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