
Xiv, 162 pages : 21 cm. *Girl Power lives! Written when the author was sixteen and updated to address the concerns of today's teens, Soul Searching brings girl power to the printed page by offering young women a clear path to self-discovery and empowerment. Through fun quizzes, insightful exercises, and provocative statistics, Sarah Stillman guides young women through the complex maze between adolescence and adulthood. While fashion magazines, television programs, and websites emphasize the superficial and foster insecurities, Stillman directs teen girls to a healthy place where a st If you have a girl who tends to be introspective, this is a great find. It is best for pre-teen (or tween) girls. Read more. KC. 5.0 out of 5 stars Soul Searching Journal. June 24, 2014 - Published on Amazon.com. Verified Purchase.Â My daughter is a tough critic. She reads a lot of books and is not always easy on them. She not only enjoyed this book, but found it useful in thinking about who she was and were she was going. I recommend that parents and grandparents gift this book to the daughters and grand daughters. Read more. 3 people found this helpful. Go to Amazon.com to see all 5 reviews 4.5 out of 5 stars. Discover the best of shopping and entertainment with Amazon Prime. Sure, this book's subtitle may be A Girl's Guide to Finding Herself. But lâ€™m beginning to think that thereâ€™s no such thing as being totally found. And hereâ€™s the good news: the fun, I think, is in the searching.Â Instead, I roamed the library looking for a book on teenage soul searchingâ€”something that looked at the deeper subjects of self-exploration and spirituality for girlsâ€”yet I couldnâ€™t find a single book that addressed me as a teen today. I even conducted an internet search with the words spirituality for teenage girls, only to receive a list of pornography sites! That was the last straw. I knew something had to be written for girls who didnâ€™t want adolescence to get the best of them.