



A Girl's Guide to Taking Care of Your Body!

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M.Ed.

Girl Wise® – A Girl's Guide to Taking Care of Your Body
Book 3 in the Girl Wise series

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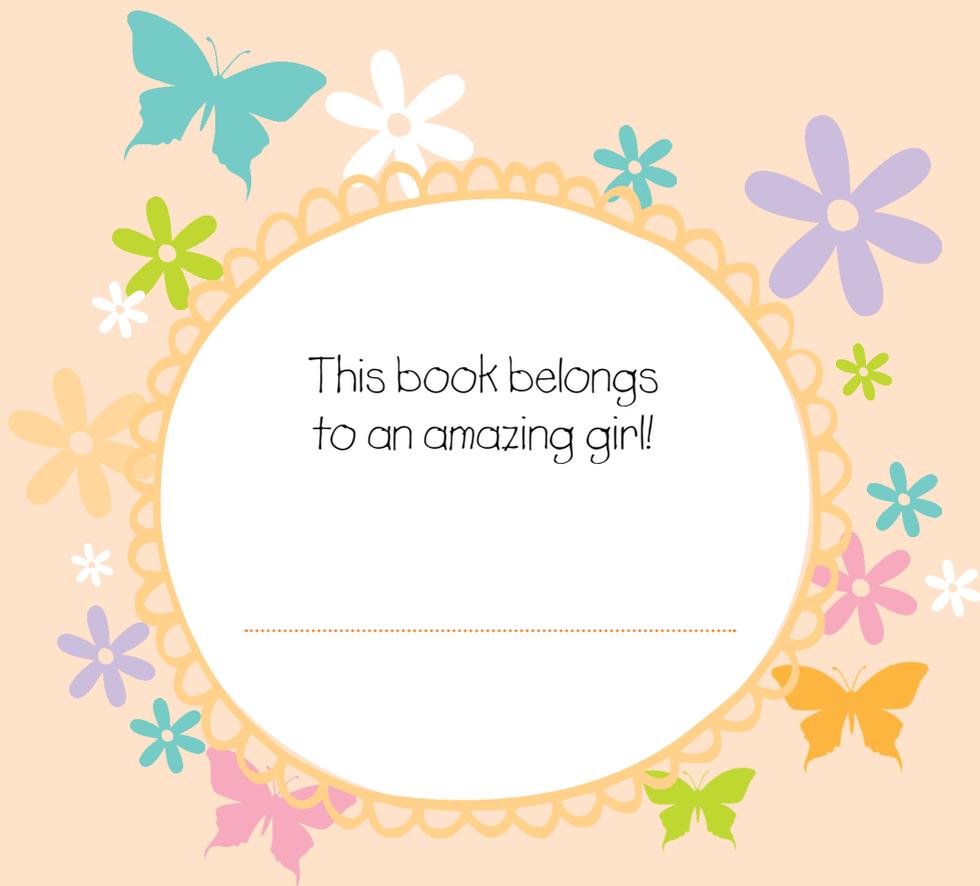
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This book belongs
to an amazing girl!

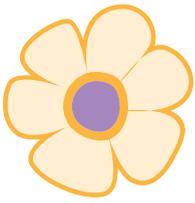
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You are a wonderful, creative, inspiring,
cherished girl!



You are a SHINING STAR!





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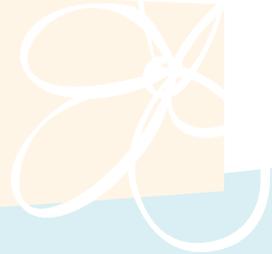
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Hi there!

Welcome to Girl Wise – a series of books that have been created especially for **YOU!**

Why? Because you are an **INCREDIBLE** and **AMAZING** girl and sometimes you just might need a little bit of encouragement along the way – to be reminded just how beautiful and capable you are!

Sometimes, when we are younger, we go through some wonderful times, but also some tough times too. Whether that be problems with friends, worrying about how you look or just feeling a bit down in the dumps – this book is written especially for **YOU!**

I hope you enjoy reading it and just know that you are **NEVER** alone!

You are **AMAZING!** 😊

Love **Sharon**





YOU ARE UNIQUE



Created Unique

We have all been created as **UNIQUE** and **AMAZING** girls – that’s pretty awesome news, huh?

Do you know that the very fact you are alive and reading this right now is a miracle in itself? If you have eyesight to read these words and your brain is working to comprehend and understand the information, then you are truly blessed. Your body is working exactly the way it was created to.

Our bodies are wonderful creations. Not one of us is ever exactly the same. We have all been created as unique individuals and that means there is no other girl in the world who will look exactly like **YOU!** It’s amazing to know that there is only one of **YOU** in existence. We are all **TOTALLY ORIGINAL** and there will **NEVER** be another **YOU!**

‘I am unique because I’m usually smiling. And when I start laughing, everyone around me starts laughing as well.’

Bethany, aged 10



There is only ONE of you!



Your Unique fingerprint

Did you know that every single person who ever existed on this earth has a **UNIQUE FINGERPRINT?** There is not one other person in the entire world who will have the same fingerprint – it's the **ORIGINAL** design that God gave you!

Think for a moment about having a collection of something special. Perhaps you decided to collect shells, or precious stones, erasers or even dolls.

What makes a collection so special is that each and every individual item is different in some way.

When I was a little girl, I started collecting stickers, and still enjoy doing so today. The reason I have enjoyed collecting them so much is because every design is unique and different from the other.

