



Feeling Great, Looking Hot and Loving Yourself!: Health, Fitness and Beauty for Teens

Jennifer Youngs

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"No one knows the value of 'looking hot' as much as teens do. Having it 'together' can spell the difference between being one of the crowd-or not. But the 'success potion' isn't found in a bottle or a pill any more than in a great outfit or the latest hairstyle, eye shadow or nail polish. It's also more important than winning the approval it takes to be the most popular 'in' person at school. The really 'beautiful' are those comfortable in their own skin, who make the most of their natural beauty and have learned to like themselves. Jennifer's practical advice will show you how."

-Kate MacIsaac

1997 Miss California Teen All American

Miss Teen U.S.A.

Jennifer Leigh Youngs, coauthor of the bestseller, *Taste Berries for Teens*, created this complete guidebook for every girl's teen years. Ranging the gamut from healthy eating, fitness and stress reduction, to skin and hair care, fashion, makeup and more, this book offers girls all they need to feel beautiful, inside and out.

Although the author offers helpful tips on all of the above, even more important, she shows girls that it's what's on the inside that truly makes each of us beautiful. This book also includes photographs, which beautifully and effectively illustrate the principles the author teaches. As they journey through the challenging years of adolescence, girls will find the information and advice in this book invaluable. This book is destined to become a favorite with teens and adolescents.

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Ernest Baker:

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