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### Take 5 for Your Dreams



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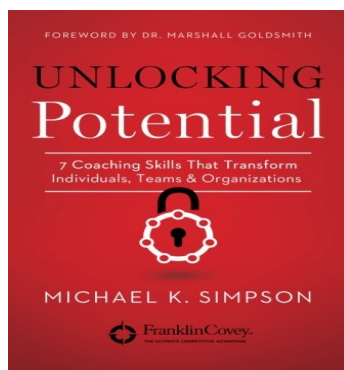
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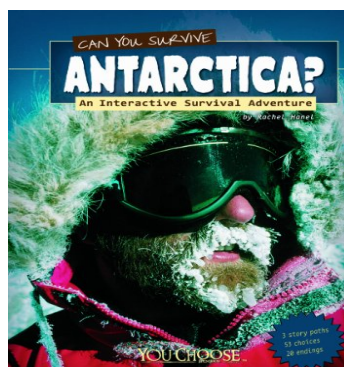
### Take 5 for Your Dreams

Do you have five minutes a day to live the super girl life you are meant for? Created especially for teen girls, Take 5 for Your Dreams provides inspiration and doable steps for living your biggest, boldest dreams starting now. It is an engaging daily guide packed with stirring quotes, beautiful and fun photography, keep-it-real essays, life experiences from teen girls, helpful resources, and daily Take 5 (minutes) actions -- all in a visually awesome and colorful format. Topics include getting in touch with what you love like crazy, being who you really are, understanding what really matters to you, stepping outside of your comfort zone, dealing with dream "crashers" and developing re

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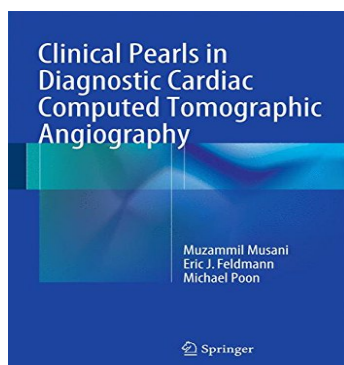


## Finding Your Voice: Self-Esteem and Assertiveness Training for Teen Girls



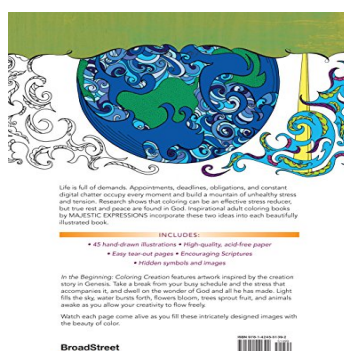
## Can You Survive Antarctica?; An Interactive Survival Adventure (You Choose: Survival)

You are surrounded by the vast, unforgiving landscape of the coldest place on Earth Antarctica. Even during the summer months, bone chilling cold, raging blizzards, and treacherous ice threatens human survival. Will you, Join the race to be the first to reach the South Pole? Attempt to ski across t



## Hands-on Ablation: The Experts' Approach

The field of catheter ablation continues to advance with innovations in technology and a deeper understanding of the pathophysiology of arrhythmias. This comprehensive and unique book gives an inside look at leading electrophysiology labs throughout the world and provides the reader with practical



## In the Beginning: Coloring Creation (Majestic Expressions)

Life is full of demands. Appointments, deadlines, obligations, and constant digital chatter occupy every moment and build a mountain of unhealthy stress and tension. Why not eliminate some of that stress as you ponder the peace, joy, hope, and encouragement found in the incredible story of creati

What others say about this ebook:

**Review 1:**

Loved it.

**Review 2:**

"Take 5 for Your Dreams" is an important book for young girls everywhere. Full of fitting quotes and inspiring photography, this little "guidebook to life" should be on every young girl's shelf. This great guide encourages girls to be brave and ambitious, and it tells them that they can be and do more than they or anyone else has ever imagined. The "Take 5" daily actions are creative and fun, and they're a great way to get girls to really spend a small amount of time each day to focus on themselves and their dreams. I highly recommend this to all young girls and their parents.

**Review 3:**

What a great book! It's practical and fun, yet thought provoking and deep. True to the authors' claims, they don't talk down to the reader. To understand current young women and teens, they've been interviewing them and it's evident in this book.

Their approach of 5 minutes a day, keeping it simple and entertaining makes the process fun and very practical. The authors take the reader step by step through the various phases to successfully understand and grasp their dreams.

Difficult steps including taking action, and stepping out of one's comfort zone are covered using examples, quotes, advice, and resources young woman and teens can relate to; which I believe, will make this book a great success.

So many books addressing this topic espouse time consuming and often complicated steps which can make it difficult for readers to keep engaged. The authors make this book very accessible and practical. I think many will look back on this book as a key resource on their quest toward a happy and satisfying life.

**Review 4:**

Beautifully written and gorgeously illustrated, this lovely book makes it easy and inviting for girls to invest just a few minutes a day to build a blueprint for the lives they want to lead. This one-of-a-kind book makes a perfect gift for adolescents and teens who deserve their own special place where they can imagine and act on their dreams, both large and small. Both of the authors know a thing or two about raising confident and powerful girls. As parents of young teenage girls, Paula Grieco and Liz McHutcheon are the founders of WhatsYourBrave.com, a website and blog devoted to helping girls (and their parents) empower themselves to live their dreams.

**Review 5:**

I loved this book. first of 5mins is not alot to take care of ones self. the information and the way the book is formatted is useful for teens and moms of teens and young adults. I wish I would of read this or had this amazing resource when I was a teen. I think we can all reach our dreams, we just have to keep on going!! Thanks for writting this beauty.

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