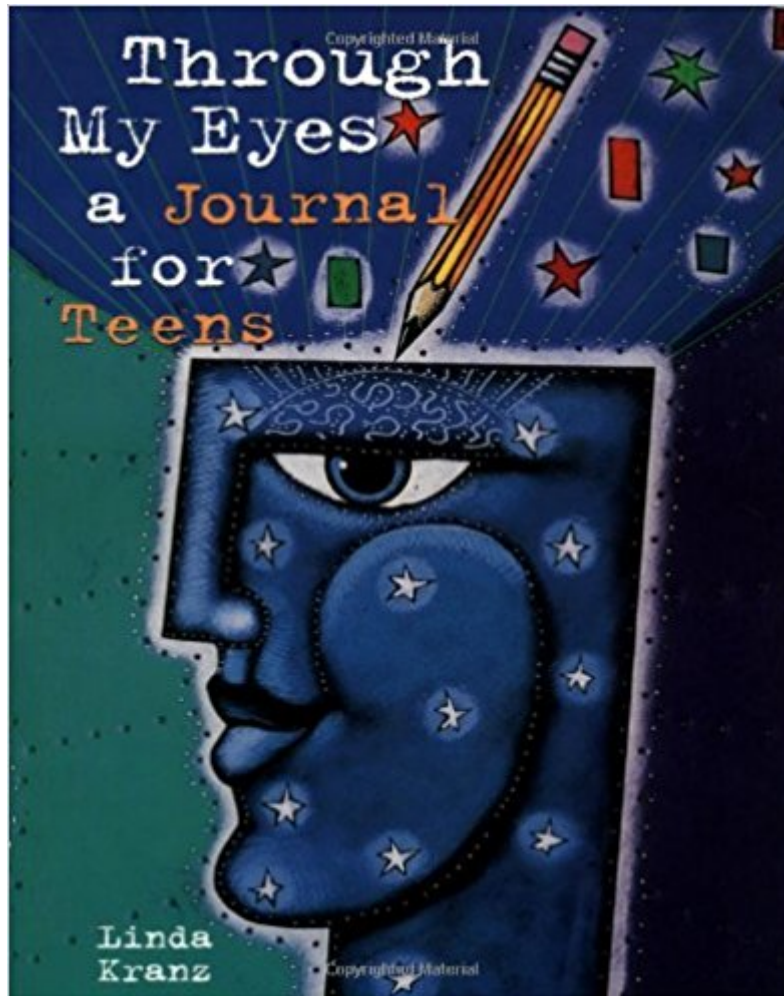




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Through My Eyes: A Journal For Teens



Synopsis

A journal for teens

Book Information

Age Range: 12 and up

Diary: 128 pages

Publisher: Cooper Square Publishing Llc; 1 edition (July 1, 1998)

Language: English

ISBN-10: 0873587154

ISBN-13: 978-0873587150

Product Dimensions: 7.1 x 0.4 x 9.1 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 50 customer reviews

Best Sellers Rank: #255,931 in Books (See Top 100 in Books) #23 in [Books > Teens >](#)

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Customer Reviews

I bought this for my step daughter. She seems to really like it. I think it helps her put things on paper and deal with her emotions. I would highly recommend this book to anyone with a teenager. Very therapeutic!! It would be a great stocking stuffer!!

Second time I've purchased. Just bought this for a granddaughter who is 13 and going through a rough patch (um, she's 13. It's kinda required!). Purchased for a niece a few years ago and she loved it so much she actually asked me to buy one for her to give to her friend as a gift.

I think it's best for older kids. The kids I bought it for wouldn't "get it" or be able to answer some of the questions...so it's still in my closet until these kids get older.

For therapists, this is a great ice-breaker for teen clients who like to write. This has a wide variety of teen-friendly, engaging prompts that can spark discussions about self-esteem, identity, family, and friends. I have clients select one to do in session, but they would also make good "homework" for a motivated client.

I bought this for my granddaughter; she is 12. After doing much research on several other journal type books, I settled on this one because it is specifically designed for teens. Others which I've looked into, have rather risqué questions which are not suitable at all for young teens (i.e. name locations which you've had sex) - no, we don't want to go there just yet!! This has more age appropriate starter questions, by far.

As a counselor, I appreciate having something like this to offer my teens, many of whom struggle with having "hopes and dreams"-- this book has great and realistic prompts for teens to start thinking and using their imagination...would gift this to my daughter in about 10 years as well... :)

great!

This is a journal that has open ended questions and leading thoughts... My 12 yo daughter thinks it is the best present she got. She immediately began writing in it and she shared it with her friends as well. I thought at time of purchase that I was getting a sort of 'journal' or diary thing with blank pages and only a small bit of text but it is mostly a book to read and finish thought lines and sentences, etc. I recommend it heartily because my daughter thinks it is relevant to her age and situations, etc. she can carry it with her because of the size of it.

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