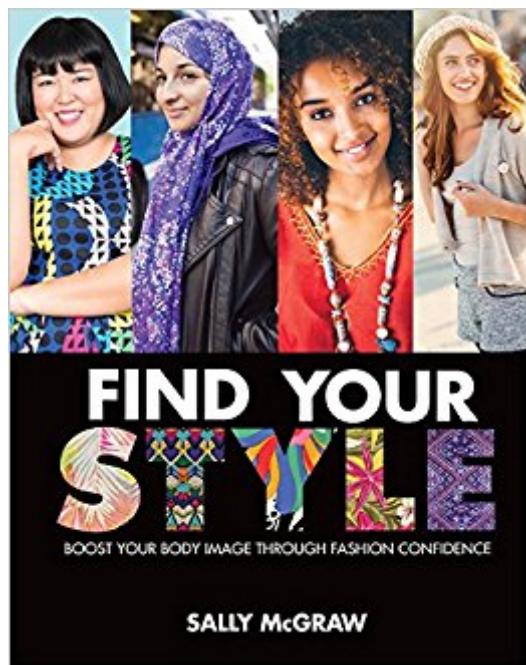


The book was found

Find Your Style: Boost Your Body Image Through Fashion Confidence



Synopsis

Style can be a flag we wave, a declaration of who we are. Discover awesome tips about understanding your body type so you can build flattering outfits, using colors, shapes, patterns, and accessories to your advantage. Learn how to build self-esteem by busting media myths about beauty standards and create your own fashion rules that make you feel confident. Meet girls and young women who are redefining what it means to be stylish, fashionable, and confident in their own unique ways. When you look and feel great, you are telling the world that you are an amazing individual!

Book Information

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Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,510,457 in Books (See Top 100 in Books) #27 in Books > Teens > Personal Health > Personal Hygiene #38 in Books > Teens > Art, Music & Photography > Art > Fashion #280 in Books > Teens > Social Issues > Self-Esteem & Self-Reliance

Customer Reviews

Gr 6-10 Personal style can help teens communicate who they are to the world. However, young women may feel overwhelmed by fashion choices or, alternatively, overlooked by an industry that promotes a single (often unattainable) standard of female beauty. McGraw, a style blogger, has compiled a guide designed to assist readers in finding which styles best complement their body type, including sections on how to highlight and downplay different parts of the body. McGraw also offers advice on boosting self-image and discusses media myths about beauty standards. The colorful photos portray a diverse set of teen girls. VERDICT Consider this selection for teen collections for its positive tone and outlook on fashion and style. •Elaine Baran Black, Georgia Public Library Service, Atlanta

"Ultimately, the guide's goal is for girls to look and feel good in what they wear while maintaining

individuality. . . . [T]his book should find its audience." --Kirkus Reviews"Consider this selection for teen collections for its positive tone and outlook on fashion and style." --School Library Journal

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