



# My Feet Aren't Ugly: A Girl's Guide to Loving Herself from the Inside Out

*Beck Debra, Debra Beck*

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Do you ever feel bad about yourself or have trouble being yourself while still fitting in? Do you have tough questions you are afraid to ask? In this funny, honest book, teen mentor Debra Beck provides personal stories, quizzes, journaling exercises, and thoughts from teens themselves to help you develop your self-confidence. Learn how to make healthy decisions in the face of peer pressure, have strong relationships with family and friends, and respect and love yourself for who you are. This revised and updated edition also has new chapters on bullying and internet safety.

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