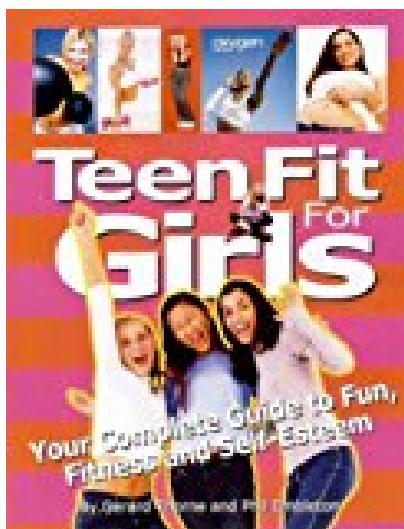


# Teen Fit For Girls Your Complete Guide to Fun Fitness and Self-Esteem

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## BOOK DETAILS

- Author : Gerard Thorne
- Pages : 432 Pages
- Publisher : Robert Kennedy
- Language : English
- ISBN :



## BOOK SYNOPSIS

A guide for teenage girls on how to stay healthy and fit provides information on nutrition, exercise, and self-esteem.

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