



## Choices: A Teen/Womans Journal

*Mindy Bingham*

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# Choices: A Teen/Womans Journal

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## **Choices: A Teen/Womans Journal** Mindy Bingham

In an engaging and empowering narrative style CHOICES: A Teen Woman's Journal for Self Awareness and Personal Planning addresses the myths and hard realities each teenage woman will face in entering adulthood. CHOICES helps a young woman envision her potential as an independent, self-reliant, and productive human being and clearly demonstrates how she can take control of her future. Thought-provoking exercises encourages teenage women to develop quantitative goals, acquire decision-making skills, build assertiveness, evaluate career options, explore marriage and family responsibilities, and practice life-style budgeting.

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