



Girl Talk: Hope, humor and hot topics for the young heart

Sheri Rose Shepherd

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You may know the person you're supposed to be, but do you really know who you are? Drowning in media messages and the "performance expectations" of others, someone very special can be lost in the shuffle--you! Just ask yourself: Have you defined your dreams? Are you the best version of you? Do you know how to win the Dating Game? Is your faith fun and exciting? Are you unhappy with the way you look? Do you feel like you're in Barbie Bondage? Are your friends lifting you up or bringing you down? It's time to laugh--and learn how to be happy with the unique, wonderful person you are! Nationally known humorist and speaker Sheri Rose Shepherd give girls of all ages the ingredients and inspiration to accomplish their goals and to become successful physically, emotionally, relationally and spiritually. With tenderness and transparency, Sheri Rose shares FUN QUIZZES, beauty SECRETS and "RULES" of friendship and life-changing STORIES that will equip you with what you need for the challenges we girls face today.

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