



Do You Know Who You Are?: Discover the Real You

By Megan Kaye

DK Publishing (Dorling Kindersley). Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.2in. x 7.8in. x 0.6in. What do your music choices reveal about your personality? What kind of a risk-taker are you? How have you changed since you were a kid? Where do you fit in your immediate family? What makes you happy really, truly happy? Learn about your skills, dreams, desires, and personality with *Do You Know Who You Are*, a guided journal for young adults who want to discover more about themselves. Part quiz book, part self-help book, and part activity book, *Do You Know Who You Are* is packed with questionnaires, creative activities, fascinating analysis, and psychological wisdom. Created in collaboration with a professional psychologist who specializes in childhood and adolescence, this book provides an enjoyable and insightful journey for teenage girls who are interested in delving deeper into their true selves. With fun, bold visuals, thought-provoking quotes, and an interactive fill-in format, *Do You Know Who You Are* speaks directly to young adult readers. It offers helpful tips and clear guidance, encouraging teens to develop a strong sense of self, and reassuring them that it's just fine to be exactly who they are. This item ships...



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