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Sommario/riassunto	<p>Written specifically for tween girls age 9 to 12, List Your Self for Girls is full of lists to create and questions to answer about friends, family, guys, school, home, the world, and most important, themselves. With a page for each list, it's a place for girls to explore and celebrate who they are and discover themselves by filling in the blanks. Making lists and writing down thoughts and feelings will inspire change and help tweens feel good about themselves, giving shape to new ideas and inviting them to think harder and deeper. List the accomplishments you are most proud of . . . list some things you've said that you'd like to take back . . . list what you do to keep calm when things aren't . . . list your most embarrassing moments . . . list the reasons you choose someone to be your best friend . . . list what you have in common with your mom . . . list what makes a boyfriend a keeper . . . list the dumb or cool things you've done to get attention from a boy . . . list the reasons you think life isn't fair . . . list your worst habits. The List Your Self for Girls journal can strengthen identity and confidence, serving as a powerful tool for personal growth.</p>