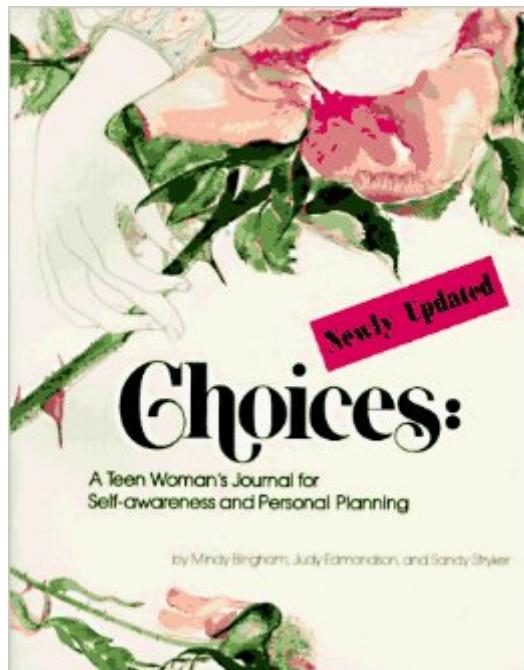


The book was found

# Choices: A Teen/Womans Journal



## **Synopsis**

In an engaging and empowering narrative style CHOICES: A Teen Womanâ™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. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

Paperback

Publisher: Advocacy Press (August 1983)

Language: English

ISBN-10: 0911655220

ISBN-13: 978-0911655223

Product Dimensions: 11 x 8.5 x 0.9 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.9 out of 5 starsÂ  See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #171,154 in Books (See Top 100 in Books) #2 inÂ Books > Children's Books > Activities, Crafts & Games > Activity Books > Diaries #38 inÂ Books > Teens > Social Issues > Being a Teen #84 inÂ Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse

Age Range: 12 and up

Grade Level: 7 and up

## **Customer Reviews**

As I was beginning my research for my MSW, I struggled to find appropriate material to address the needs of at-risk teen girls. I knew in my mind that there had to be a way to push young women toward independence, rather than allow them to be sucked into the murky waters of a media-created "feminine" ideal. A fellow student brought "Choices" to my attention. Through readings and practical exercises, it explores attitudes, values, career goals, assertiveness, budgeting, and pregnancy, among other things. It provides an arena for girls to assess their values, to analyze where they come from, and to re-evaluate them based on the assimilation of new

knowledge. If I had to list a deficit in this work, it would be that it may lack cultural relevance for certain groups of students. The vignettes which are used to illustrate various concepts are race-ambiguous, which was positive. However, I somehow got the feeling that the stories were about the plight of middle-class or working class girls. I fear that the examples may appear laughable to girls who are homeless, who already have children, or who come from violent or destructive home environments. Perhaps it would be appropriate to include examples which consider race, ethnicity, and socioeconomic variables in the perception and analysis of problems. Despite this drawback, Choices is still a powerful work. In conclusion, this book will appeal to almost anyone who is interested in fostering independence, self-reliance, and self-esteem in young women.

I am a 30 year old woman who received this book back in 1987. I just "rediscovered" it this week. As I look back on the entries, I'm surprised at how much I've grown, how much I've learned, how tolerant I've become & also how I have very much stayed the same. This book guides you thru some of the bad things that can happen to a woman who doesn't plot a course for her life. Some of the myths of being a woman are debunked (can't do math, can't be a trucker, or a construction worker, etc). What I liked most is that it doesn't push any specific feminist ideology - just asking the question - what would you do? The message is clear - don't count on anyone to "take care of you". It tries to teach us to take care of ourselves. It is true that this book (at least my edition) is geared toward working / middle class teens. But as a middle class teen, it helped me enormously! This book is great and I look forward to getting it for both of my daughters!

I found this book at a yard sale and thought my granddaughters could benefit from thinking through the different questions/subjects that may or may not face us all. I was happy to find them on and ordered two more. One was in perfect condition, the other had MANY pages already filled in. Buying used, I didn't expect perfect condition, but a rating of Very Good was definitely not appropriate for the one book. Since they both arrived on the same day, I don't remember which seller rated which book.

I am constantly ordering this book. I am a foster parent for teenagers and I use this book as a family activity as well as at girls slumber parties. It makes thinking of the future and what you want to do with your life almost a fun thing. My childrens' therapists keep borrowing it and not giving it back!

Our Girl Scout troop used this book to guide our meetings when our girls were in 5th grade. I just

graduated a valedictorian from high school. The year we spent visiting & interviewing professional women and working through this book helped set the foundation for my daughters' middle and high school careers. This book is easy for kids to read on their own and provides wonderful discussion material for moms and daughters.

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