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## Do You Know Who You Are?

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By -

Paperback. Book Condition: New. Not Signed; Take the fun personality quiz, Q&As and tests to discover the real you! Do You Know Who You Are? is packed with questionnaires and quizzes for girls aged 14-17, offering creative ways to discover the real you. Take a personality quiz, understand what your dreams mean, discover systems of analysis like the chakra test, and have fun while you learn about your own psyche. Co-written by a clinical psychologist, Do You Know Who You Are? focuses on activities such as yes or no questions to help you approach some of teenage life's biggest issues, such as self-confidence and dealing with anxiety. Questionnaires also include ways to understand your friends and family, crushes and social media, and helping you explore your teenage relationships. With fun and quirky visuals, and quotes from real teenagers, Do You Know Who You Are? is packed with engaging quizzes for girls so you can uncover your personality and celebrate your individuality!. book.



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