



The Care and Keeping of You Journal (Revised): for Younger Girls (American Girl)

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This companion to our bestselling book, *The Care & Keeping of You*, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies--and their feelings about it.

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