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Savvy Gems: A Girl's Guide To Choosing Happiness



Synopsis

"This next generation self-help book is a step-by-step guide that can help you navigate the valleys and the mountaintops of life. Kenia puts together essential tools and techniques that will give you a head start on what so many wait to learn after they have entered into the very real (and sometimes terrifying) world of adulthood. This book is not only a roadmap for young women, but also a guide for their parents, teachers and anyone that is interested in self-development. Kenia engages the reader and uses real life examples on how to access personal power through the practice of self-care. This is the book that every woman wishes they had growing up, and the book that every teen girl will be glad to have right now. A must read--and a book worth sharing again and again."

David Sams, 9-time Emmy Winning Producer, Director, Writer. While at King World, he launched the most successful syndicated talk show in TV History, The Oprah Winfrey Show.

Book Information

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Customer Reviews

In 2013, Kenia's world was rocked to the core when she lost her husband to cancer. Soon after his passing, she found her calling by sharing what helped her survive and thrive in the midst of pain and uncertainty. Today, Kenia teaches others how to find balance in chaos, and purpose in pain. Kenia is an author, speaker, a certified health coach and yoga teacher. Kenia's greatest passion is teaching girls of all ages the importance and power of self-care.

This book is just what adolescent girls need right NOW. Through her personal experience, the author, Kenia Nunez, guides girls and women alike to learn how to find self worth, happiness within

themselves and true beauty, without the need for validation from social media or peers. I highly recommend this book for every parent and teacher. Great to use in the classroom to provide our youth with the necessary tools needed to navigate life today.

As a mom of a girl and a social worker/therapist, I am beyond excited to have this book. It is so empowering, easy to read and then refer back to, summarizes the chapters in a quick bulleted format at the end of each section and also provides writing sections at the end of each chapter. What a beautiful and perfect gift for a girl of any age.

A MUST READ for all girls! Easy to read, practical self care tips every girl needs to navigate life. (Honestly, priceless self care tips for everyone!) Kenia empowers the reader to realize they can be a positive force in the world and that their happiness is not an elusive pursuit but rather it is within their reach, happiness is their choice, no matter what circumstance. "Choosing happiness did not mean that I wasn't feeling immense pain. Choosing happiness meant acknowledging and honoring my feelings while still moving forward, no matter how slowly, with faith, courage, and a plan."

This book is a must read. I began reading the book and couldn't put it down. I was filled with emotion because I wished that this book was available when my daughter was in her teenage years. Would have loved to read it with her. Each chapter topic is essential to growing up. SavvyGems is an amazing book that both teenagers and parents must read. I cannot wait to see what other Gem the author Kenia Nunez writes.

What an inspiration! Evangeline my daughter says, " I'm feeling really good about the future. Owning my own power has never felt so right! I feel that Kenia will touch many young hearts just like she touched mine." Thank you so much for the authenticity and the balance you've created through your words. Savvy Gems is the new young girls guide to connecting with the real you!!! It's a must read :)

Truly a girls roadmap to a healthier lifestyle. It was written for this time and age to help girls of all ages claim or reclaim their power and choose happiness. As an educator, I will be using this book and recommending it to my students. This gem is full of valuable, timeless information and it needs to be in every classroom.

Great book

I don't have any kids yet. But if I had a daughter this book would have been the first book she would had read. Amazing book with so much wisdom.

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