



# **Head-to-Soul Makeover Participant's Guide: Helping Teen Girls Become Real in a Fake World (Youth Specialties)**

*Shelley Leith*

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"Teen girls often struggle with stubbornness, insecurity, anxiety, stress, irritability, and envy—which can be crippling at this critical stage in their lives when they're forming their adult identities. Through the lens of culturally relevant television reality shows and magazine-type self-quizzes, this 10-week small group study will guide teen girls through an upbeat curriculum to transform their lives from head to soul. By exploring eight Christ-like character qualities, the study helps girls put discipleship into practice with a weekly "Makeover Challenge," and then wraps it all up with a "Big Reveal" party. The participant's guide contains ten complete lessons, including discussion questions, self-assessments, Bible study guide, group exercises, and daily journaling pages. The leader's guide includes guidelines for facilitating a group, the complete text of the participant's guide, helpful hints for the group exercises and discussion questions, and handout pages to copy."

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