

The book cover features a close-up photograph of a young woman's face, focusing on her eyes, nose, and slightly smiling mouth. She has long, wavy, light brown hair. Overlaid on the image are three large, stylized flowers: a purple one in the top left, a pink one in the bottom right, and a yellow one in the bottom left. The text is positioned in the upper right and center of the cover.

A Girl's  
Guidebook  
for the Body  
and Soul

Nikki Goldstein

# Girl Force

# Girlforce A Guidebook For The Body And Soul

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