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Super Girl Guide: The Radio Show Archives Available March 07th 2013: Self-Love and Inner Beauty

On the Super Girl Guide: The Radio Show Super Girls Carlee and Callie talked about how to love yourself, and what it means to have inner beauty. The girls started off the show with their power words. Carlee and Callie talked about how they used their power words that they picked for themselves last week out in the community. Then, the girls talked about the words they picked for each other, and chose new words for the following week to use out in the community. This week's guest speaker was Maya Nahra, a Behavioral Nutrition Expert, and the creator of Hello Beautiful magazine. Carlee and Callie

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