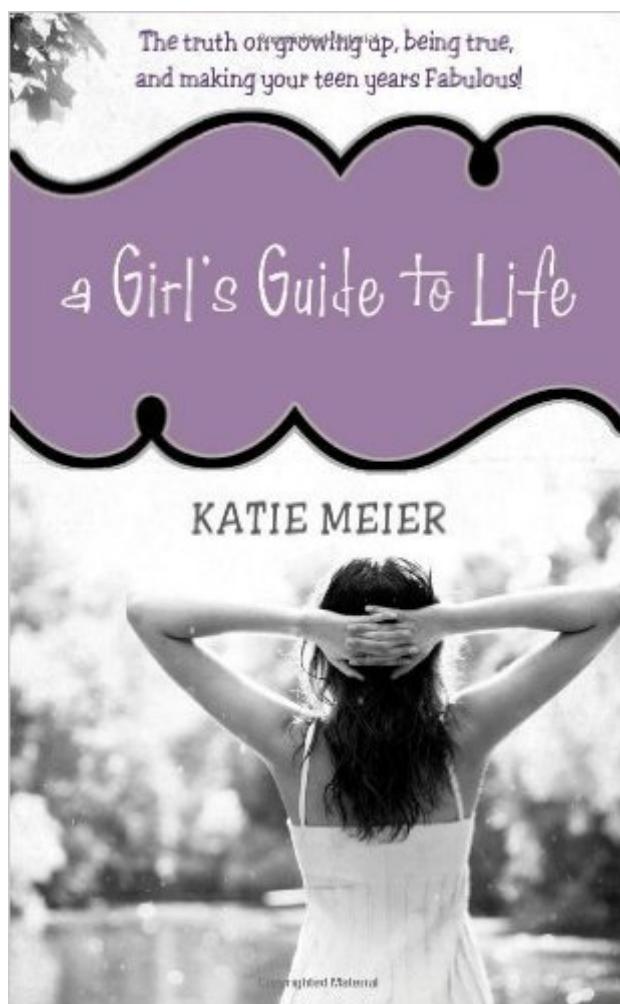


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# A Girl's Guide To Life: The Truth On Growing Up, Being Real, And Making Your Teen Years Fabulous!



## Synopsis

A Girl's Guide to Life offers girls a fun, healthy approach to facing their adolescent years. This complete resource helps teenage girls deal with all the traumas, dramas, and triumphs in their lives. The book is divided into Body, Mind, and Soul sections to address the relevant issues in each area of a young woman's life. It's "the" book for any girl wondering what's happening to her body, soul, and mind during these crazy years. Revised and updated to include information on texting, sexting, and the viral cultural in which teens live, this book will help girls navigate their way through what can be a very tumultuous time in life. With conversations with real teen girls, a foundation on God and the Bible, and helpful tips and questions for the reader, girls will gain an encouraging and fresh perspective on their lives. A Girl's Guide to Life offers teen girls a new approach to facing their adolescent years.

## Book Information

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## Customer Reviews

I am not a teenager anymore, but knowing my daughter will be one some day I was interested in reviewing this book for BookSneeze book review bloggers. I was impressed with how this Christian author covered difficult topics that teens have to deal with in an appropriate way. Every Christian author encounters the problem that "Christian" covers a wide range of religions with different standards and terminology. Despite this, I found myself agreeing with almost all her advice. (My religion has a stricter definition of modesty than most, so I didn't agree with her there.) Perhaps the most honest chapter of the book is Chapter 7 on Beauty. She doesn't patronize girls with lofty ideals about how it's what inside, not outside, that counts. The truth is, the way you look matters a TON in

this world, even if it shouldn't. She gives great tips on making the outside pleasant and helping it to match who you are on the inside. She calls this "being true to your inner self." When I was a teen I felt like I couldn't ever compete with the "models" at my school, so many days I didn't try at all. Even in college I did very little with my hair, makeup or clothes, not realizing that I wasn't allowing people to see who I was on the inside through my outer style. I didn't really start paying attention to my appearance until my mid-twenties! I finally found a few girl friends that gave me tips on hair and makeup. How I wish I'd had those tips in junior high! I'm still not a model, but I'm happy with how I look. This information will be very useful to the average young girl, even if they are lucky enough to never have to deal with some of the more serious subjects in the book (like date rape and eating disorders.

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