



Rough Guide to Girl Stuff

Kaz Cooke

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"The Rough Guide to Girl Stuff" is packed with everything a girl needs to know to get her through the teen years. From friends, body changes, clothes school stress, exercise and sex to smoking, embarrassment, dieting, guys, drinking, drugs and heartbreak. Not to mention how to beat bullies and mean girls, earn money, find new friends and get on with your family. Written by award winning author Kaz Cooke, in extensive consultation with medical, psychological and practical experts; "The Rough Guide to Girl Stuff" provides a wealth of practical tips and non-judgemental advice for teens (and their parents). "Girl Stuff" is split in to four key themes: Body, Head, Heart and On the Go and each chapter includes facts, hints, inspiring lists, hundreds of quotes from real girls, and details of websites and books for useful tips if you want to find out more. Designed to be a friend through the teenage years, "The Rough Guide to Girl Stuff" will be your best friend through every change and challenge. "'Girl Stuff' is the book I wanted when I was a teenager; a 'best friend' that will honestly answer every question about everything" - Kaz Cooke.

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