

## Rough Guide To Girl Stuff

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### Rough Guide To Girl Stuff

The hard stuff of sex, drugs and alcohol are in there, so you might want to have a look at it yourself first so that you are prepared for questions. Would recommend for 13 years upwards, old enough to rationalise and understand and not be influenced, but young enough to get the information before ideas influenced by peers or media have become entrenched.

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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.

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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.

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### **Rough Guides | Travel Guide and Travel Information**

With over 600 pages and heaps of cartoons, Girl Stuff has everything girls need to know about: friends, body changes, shopping, clothes, make-up, pimples (arrghh), sizes, hair, earning money, guys, embarrassment, what to eat, moods, smoking, why diets suck, handling love and heartbreak, exercise, school stress, sex, beating bullies and mean girls, drugs, drinking, how to find new friends, cheering up, how to get on with your family, and confidence.

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### **Amazon.co.uk:Customer reviews: The Rough Guide To Girl Stuff**

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). Bookmark

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### **Complete Guide to American Girl Doll Collecting**

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!)

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