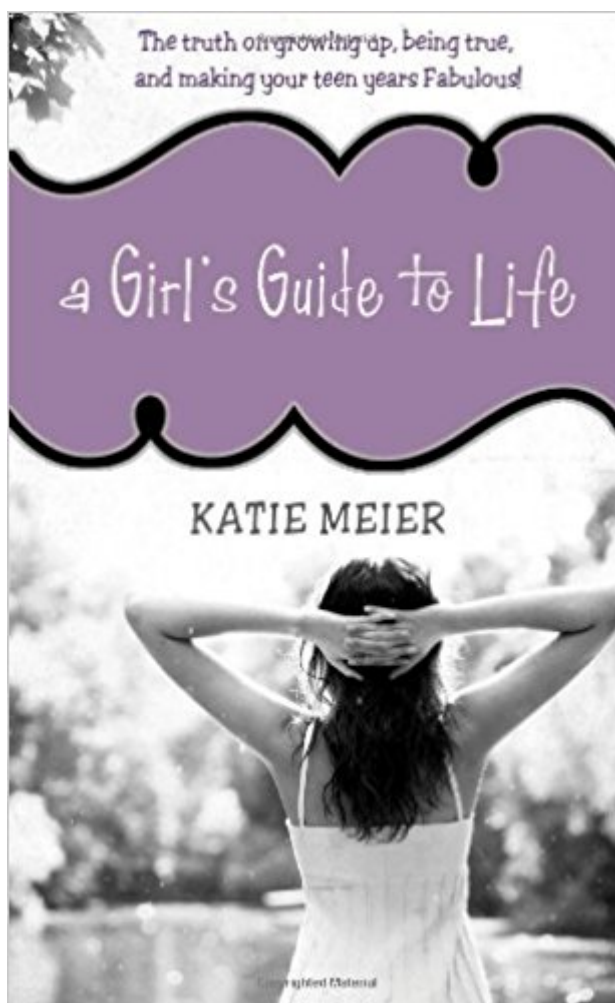


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# **A Girl's Guide To Life: The Truth On Growing Up, Being Real, And Making Your Teen Years Fabulous!**



## 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

My daughter loved the book

Great reading

Good Book.

We were looking for something for a little older crowd, yet it was great for 10-14 year old girls in junior high.

A Girl's Guide to Life by Katie Meier covers both challenges and opportunities girls face in a relevant, readable way. Meier divides effectively the book into three sections: Mind, Bond and Soul. Her writing style works for teens. As an adult and mother of two daughters, at times I thought the author's tone was flippant and then reminded myself that both my girls would appreciate and relate to dialog Meier sets up with the reader. It combines wise advice with creative encouragement for young women to consider the next best steps. She does an excellent job of speaking into their hearts, heads--anticipating their questions and answering those in a relevant way. It's personal, but just to establish a relational connection--it's not her story but touches on experiences that cover most teenage girls. Meier frankly addresses hard hitting issues of rape, abuse and date rape. She discusses eating disorders and peer pressure directly. However, she also does a good job of talking about what girls dream about, what they care about how they feel and things like texting and fashion. A Girl's Guide is written by a Christian for Christian girls, but it does not include faith-based instruction: no chapter on prayer or worship or youth group--it could absolutely benefit a young woman who is not a Christian. My only negative is the title, it sounds too much like the American Girl guide series and this work is for older tweens (at least 12) and young teens. Two problems, my teen daughter was turned off by title, thinking it was for middle school age kids and if a younger tween actually read this I don't think it would harm them but it introduce realities that are not on their radar yet. The subtitle: the truth on growing up--is stronger. It is a truth telling, encouraging helpful book.

A Girl's Guide to Life by Katie Meier is a guide for teenage girls that covers the basics on growing up in a Christian way. I know we aren't supposed to judge a book by it's cover and all, but this one was quite inviting. It suits the book well, and hopefully does get the attention of the target audience. I think that A Girl's Guide to Life is a great guide for teenage girls. It might be a little difficult to get some to read, but with a little encouragement, it would be well worth it. The book covers topics that teenage girls need guidance on such as self esteem, romance, sex, peer pressure, and much more. I also really like that the author wrote the book like it was directed towards the girl, in language they understand. Hopefully this gets the message across to those reading it, and makes them read it all. Teenage girls really do need better self esteem, and the encouragement that it is okay to say no to certain things if they're not ready for it yet. Another one of the important things I hope girls take from this book is that whatever they post or send to someone electronically is likely to be saved somewhere, and can (and often does) come back when least wanted. Thinking about sexting? Don't do it! Thinking about posting a way too revealing picture on Facebook or Myspace? Don't do it! You

never know who will end up seeing it and where it could end up. Overall, this book is a great guide for girls aged 12-18.\* Disclosure of Material Connection: I received this book free from Thomas Nelson Publishers as part of their [...] book review bloggers program. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255 : "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

By way of full disclosure: I'm not a girl! Nevertheless, one book I read this week was *A Girl's Guide to Life* by Katie Meier. I now know more about makeup, hairstyles, and clothing selection than ever before. This, of course, is only the beginning of what I will learn. You see...I have three girls. They're still young (8, 6, and 4), but I figure that I better get a head start right now on learning about the issues and problems that growing girls face, and how, as a father, I might be able to help. Fathers, as a tip for Father's Day, if you have daughters, do yourself a favor and buy and read a copy of this book. It was excellent. I can't think of anything Katie missed. She dealt with inner issues like self-esteem and emotions, body issues of clothing, hair, makeup, all the transitions of puberty, and moral issues like dating, sex, and religion. And Katie's style of writing perfectly matched the content of the book. As I read, I often felt I was eavesdropping on a pajama party sleepover conversation where a twenty-something woman answered questions from a roomful of teenage girls. I will definitely be giving a copy of this book to each of my three girls, and using it as a handy "reference guide" for myself as they get older.

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