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[A Girl's Guide to Being Awesome](#) Sep 27 2022 Teenage life doesn't come with a rule book, so here is the next best thing. Let's face it: growing up is confusing. You're expected to get good grades at school, maintain an insta-worthy social life and somehow also hone a range of life skills which you definitely don't want to ask your parents about... This book is here to act as your go-to guide on everything from social media to sexting and from body image to self-esteem. Acting as your personal cheerleader, this book will teach you everything you need to navigate your teens with sass and style. Remember, there is nothing more awesome than being you.

[A Girls Guide to Friends](#) Jun 19 2019 Sometimes when we are younger, we go through some wonderful times, but also some tough times too. Whether that be problems with friends, worrying about how you look or just feeling a bit down in the dumps- this book is written especially for you- to help you in your journey! Girlwise is a new series of books written especially for young girls in the tween market (ages 7-12 years). Often when girls are younger, they need an extra dose of encouragement. Girlwise- A guide to friends! Explores the importance of girls developing healthy friendships and how to deal with friendships issues as they arise. Topic covered include: -How to make new friends-Building strong and healthy friendships-How to help your friends-Coping with bullying-Conflict Resolution

[A Smart Girl's Guide](#) Dec 06 2020 Discusses proper etiquette for different situations, including how to act when you're a host or a guest, table manners, and how to behave at family gatherings.

[The Girls' Book of Glamour: A Guide to Being a Goddess](#) Aug 22 2019 Being a glamour goddess has never been so easy! Transform yourself from drab to fab with this nifty guide to all things glamorous! Whether you want to have the shiniest hair or convince people you're a celebrity, this book will show you how! Being a glamour goddess has never been so easy. Inside this handy guide you'll find instructions on how to host a spa party, create your own style, exit a limo gracefully, make your own body glitter, persuade your best friend to lend you her clothes, put on a fashion show, make your own jewelry box, and much, much more

[A Smart Girl's Guide: Knowing What to Say](#) Jan 19 2022 From asking for a bigger allowance to apologizing for ruining a friend's favorite book, this guide offers the exact words needed in these more than 200 other situations. Readers will find the tools, tips, techniques (and actual words!) to help them untangle their tongue and speak out with confidence and grace. Full color.

[I See London, I See France](#) May 11 2021 I see LONDON, I see FRANCE, I see Sydney's underpants. Nineteen-year-old Sydney has the perfect summer mapped out. She's spending the next four and a half weeks traveling through Europe with her childhood best friend, Leela. Their plans include Eiffel-Tower selfies, eating cocco gelato, and making out with très hot strangers. Her plans do not include Leela's cheating ex-boyfriend showing up on the flight to London, falling for the cheating ex-boyfriend's très hot friend, monitoring her mother's spiraling mental health via texts, or feeling like the rope in a friendship tug-of-war. In this hilarious and unforgettable adventure, New York Times bestselling author Sarah Mlynowski tells the story of a girl learning to navigate secret romances, thorny relationships, and the London Tube. As Sydney zigzags through Amsterdam, Switzerland, Italy, and France, she must learn when to hold on, when to keep moving, and when to jump into the Riviera . . . wearing only her polka-dot underpants. Apr 29 2020

[The Good Girl's Guide to Bad Girl Sex](#) Feb 08 2021

[The 'Bad' Girl's Guide to Better](#) Jul 21 2019 'Honest, funny, inspiring, brave, generous - you just want Casey to be your best friend. I loved it.' - Jessica Marais 'Like your best, naughtiest friend and older sister rolled into one. Beros delivers a hilarious, vital hug to a new generation of women.' - Natalie Imbruglia 'An epically funny book that drops the expectations and unpacks what it is that makes you, you.' - Turia Pitt 'I've never made a mistake.' - said no one, ever Casey Beros is sick of women feeling bad about themselves. Bad about their slip ups, their successes and the size of their pants. You see, Casey has made a lot of mistakes. Some she made a few times, just to ensure they really sunk in. But after more than a decade spent interviewing experts about health and happiness, Casey has learned to turn her mess into a message: you are not your mistakes. It's time to shrug off the shame, do away with the disappointment and start loving your story, because you deserve whatever you want out of life - and this book is about helping you get it (and making sure you have a bloody good time along the way). Written for all the bad girls (and good ones, too), The 'Bad' Girl's Guide to Better offers a hilarious and poignant take on growing through some of your worst behaviour to step into a better, brighter future - from upgrading your emotional intelligence to fixing your relationship with money, navigating friendships, forgiving your parents and finding the one(s). A bestie in a book, it will soothe your soul, make you giggle and alter your perspective on the most important relationship in life: the one with yourself. Because life is a sh\*tload easier when you have your own back.

[The Smart Girl's Guide to Going Vegetarian](#) Jun 12 2021 Presents information on vegetarianism and veganism, including how to eliminate meat and animal products from one's diet, find healthy vegetarian alternatives, and eating vegetarian away from home.

[A Smart Girl's Guide to Knowing What to Say](#) Apr 22 2022 Offers advice to help girls find the right words when stressed, shy, sad, or facing other awkward moments and shares tools, tips, and techniques to teach them to speak out with confidence and grace.

[The Girl's Guide to Manners](#) Oct 16 2021 The Girl's Guide to Manners (and all that good stuff) by Tina M. Cho is the perfect go-to guide to get you ready to almost any social occasion. This book focuses on tips to help you become poised and polished in the ways you conduct yourself around others, and in your faith. Topics include cyber courtesy, how to be a good guest and hostess, table manners, how to set a table, and how to dress appropriately. A great book for girls ages 8 to 12 years to teach respect, how to address others, and more! Includes stories, quizzes, puzzles, crafts, recipes, Bible verses, and activities to help reinforce the lessons!

[The Girl's Guide](#) Apr 10 2021 A colossal cheat sheet for your post-college years, answering all the needs of the modern woman—from mastering money to placating overly anxious parents, from social media etiquette to the pleasure and pain of dating (and why it's not a cliché to love yourself first). A perfect combination of tried-and-true advice and been-there tips, it's a one-stop resource that includes how to clean up your digital reputation, info on finding an apartment you can afford and actually want to live in, and why you should exercise the delicate art of defriending. Plus the

fundamentals, from health (mental and physical) to spirituality to ethics to fashion, all delivered in Melissa Kirsch's fresh, personal, funny voice—as if your best friend were giving you the best and smartest advice in the world.

**The (Nearly) Teenage Girl's Guide to (Almost) Everything** Feb 20 2022 Stress. Hormones. School. Social media. It's a lot for a teenager to handle. Luckily, this guide has got it all covered: the good, the bad, and the kind of icky. This is *The (Nearly) Teenage Girl's Guide to (Almost) Everything*. Chapters include topics on: Puberty, hormones, body changes Feelings, relationships, family, stress And more!

**The Girl's Guide to Home Skills** May 31 2020 Have you ever wished you had a Mentor to help you teach your daughters (and you!) the practical skills and inspiration needed to manage a happy, organized household? You've found it! *The Girl's Guide to Home Skills* is a comprehensive guide that will walk you and your daughters through every step of how to turn a house into a warm, inviting, organized home. Filled to the brim with practical, tried-and-true advice, it's the perfect way to teach home cleaning methods, organization skills and hospitality to daughters and young homemakers. *The Girl's Guide to Home Skills* is divided into EIGHT comprehensive sections covering every area of the home: Cozy & Inviting Kitchens, Sparkling Clean Bathrooms, Lovely Living Areas, Provident Pantries, Organized Closets, Tidy Yards & Porches, and Genuine Hospitality. Each section includes checklists for daily, weekly, monthly and seasonal tasks, along with instructions on how to most effectively accomplish each job. Also included are hands-on assignments, side projects, recipes and more. This guide is especially designed for teaching younger girls ages 8 - 14... but it's also perfect for homeschooling, small groups, or individual readers of any age who need some guidance in home domestics!

**Respect** Jul 01 2020 A self-help, confidence-building guide for girls offers advice on developing self-respect and discusses pride, personal appearance, and social interaction.

**The Girl's Guide to Surfing** Oct 24 2019 *The Girl's Guide to Surfing* delivers all a girl needs to score the wave of her choice. The surfing population has recently exploded, and women are in the water more than ever. For all these hearty souls, author Andrea McCloud delivers down-to-earth instruction and indispensable advice. Find out what kind of surf equipment is specifically right for women and how to get it. Learn how to read local breaks and tides for catching the right wave at the right spot. Get the lowdown on surf etiquette to avoid getting yelled at, or worse, crashing into someone. And hear war stories from the pros about how they learned to surf, how they conquer fear, and what it's like to pull into a fat tube. Featuring loads of informative illustrations, sidebars, and tips, *The Girl's Guide to Surfing* is the bible for any girl who wants to catch a wave.

**The Aspie Girl's Guide to Being Safe with Men** Aug 02 2020 Offers information and insight on sex, intimacy, and relationships to girls with Asperger's syndrome.

**Girl's Guide to Leaving** Nov 05 2020

**Girl's Guide to DIY** Dec 18 2021 The ultimate guide for the modern woman who wants to improve her home without calling in a professional- or a man to help her! Aimed at the novice the *Girl's Guide to DIY* covers all the basics from painting and decorating to using power tools with ease.

**A Girl's Guide to Life** Mar 09 2021 Offers advice for young girls on everything from social skills to fixing a bicycle, and presents activities for rainy days and playing outdoors.

**The Girls' Guide to Growing Up** Jan 27 2020 A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too

**A Girl's Guide to Discovering Her Bible** Mar 21 2022 If you are a child of God, do you know one of the most important things you can do is read your Bible? That's how you spend time with God and learn more about Him. And there are more reasons you want to get to know your Bible—it shows you how to live God's way. The Bible can help you... know how to find good friends get along better with your parents and family make right choices instead of wrong ones learn how to use your time well grow and become a stronger Christian The Bible is God's message especially for you. Take your first steps now to discovering just how much He loves and cares for you!

**The Girl's Guide to Depravity** Nov 24 2019 In the world of dating and hook-ups, women know that there are no guarantees and there's not always a "happily ever after"—but there is a hell of a lot of fun to be had! Based on the blog of the same name, *The Girl's Guide to Depravity* is a sassy handbook comprised of fifty-five rules, several how-to's, charts, graphs, quizzes, and more for all modern women trying to navigate the world's topsy-turvy dating scene. This no-holds-barred guide is perfect for young women who aren't ashamed of their sexuality, are fed up with all the boring, conventional relationship rules, and desire to avoid all the touchy-feely bullshit in the hopes of becoming happily depraved. A thirteen-episode tie-in TV show premiered on Cinemax in February 2012, and both the show and book promise to be shocking, fearless, fun, therapeutic—and wildly entertaining!

**A Good Girl's Guide to Murder** Oct 28 2022 THE MUST-READ MULTIMILLION BESTSELLING MYSTERY SERIES• Everyone is talking about *A Good Girl's Guide to Murder*! With shades of *Serial* and *Making a Murderer* this is the story about an investigation turned obsession, full of twists and turns and with an ending you'll never expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, *Good Girl, Bad Blood*! "The perfect nail-biting mystery." --Natasha Preston, #1 New York Times bestselling author

**A Modern Girl's Guide to Etiquette** Sep 15 2021 Have you ever felt out of your depth in a social situation? Not known what cutlery to use or how to fend off your boss's advances? This fun but essential 21st Century guide tells the modern girl what to do and how to behave in every situation. Packed full of common dilemmas and advice as well as secrets of success and experience, this book is a must-have for every woman. Topics covered include: Basic rules for everyday manners; How to be a cool companion; The art of conversation; Success in the workplace; Sending out the right messages; Eating out; Being the hostess with the mostest; Being the perfect guest; Handling the rude, crude and undesirable

**A Girl's Guide to Best Friends and Mean Girls** Jul 13 2021 Help Your Daughter Develop Healthy Friendships Friends can make or break the life of a tween girl (ages 8-12). That's why bestselling author Dannah Gresh, popular speaker and creator of the True Girl live events, and youth educator Suzy Weibel have developed this resource that targets the hearts of tweens as they pursue friendships and grow toward young adulthood. Equal parts self-help manual and interactive Bible study, *A Girl's Guide to Best Friends and Mean Girls* will teach your daughter what true friendship is and how to make wise choices, overcome hurts and jealousy, ask for and extend forgiveness, and strengthen her relationship with Jesus. This honest and biblically sound guide will encourage your daughter to form friendships that help her flourish emotionally, developmentally, and spiritually.

**The Good Girl's Guide to Great Sex** Mar 29 2020 A guide to sex for Christian women provides answers to the intimate and embarrassing questions of both newlywed and veteran wives, and discusses how the emotional and spiritual experiences are just as important as the physical.

**A Girl's Guide to Being Fearless** Jul 25 2022 THE ULTIMATE SELF-CARE BOOK FOR TEENAGE GIRLS Face up to the world with confidence and higher self-esteem Growing up has become faster, more furious and the pressures more intense. Anxiety and panic have reached epidemic

proportions. A third of teenage girls will suffer from depression. Factor in a rise in self-harm and eating disorders and the mental health stats become alarming. It's time to equip young women with the means to fight back. *A Girl's Guide to Being Fearless* unlocks self-esteem, confidence, wellbeing, resilience and offers an antidote to an overwhelming world of altered photos, filters, and fillers. *A Girl's Guide* helps parents, girls, and teachers understand that wellbeing is an inside job. As an essential book for our time, this guide reflects the challenging world facing teens. The authors suggest there is little to be gained by asking girls to stop taking selfies or using Instagram filters, because these habits are ingrained in teenage culture. Instead, guidance is provided on how girls can take action to increase their confidence and love the skin they are in. Moreover, it's about learning to be a class act in person and online. Practical exercises and doable ideas to inspire young women Encouragement to eliminate self-limiting beliefs Guidance for girls on lifting themselves and others up Tips for showing greater confidence and being excited about the future Suggestions for how to live your best life Keep calm and read *A Girl's Guide to Being Fearless*, a gathering of life's cheat codes; all simple, do-able and hugely entertaining. Learn how to show anxiety the door and let in more of the good stuff. This book will help you find your Brave. Whisper it quietly, but it might even change your life.

***A Girl's Guide to Moving On*** Sep 22 2019 NEW YORK TIMES BESTSELLER • In this powerful and uplifting novel, a mother and her daughter-in-law bravely leave their troubled marriages and face the challenge of starting over. When Nichole discovers that her husband, Jake, has been unfaithful, the illusion of her perfect life is indelibly shattered. While juggling her young son, a new job, and volunteer work, Nichole meets Rocco, who is the opposite of Jake in nearly every way. Though blunt-spoken and rough around the edges, Rocco proves to be a dedicated father and thoughtful friend. But just as their relationship begins to blossom, Jake wagers everything on winning Nichole back—including their son Owen's happiness. Somehow, Nichole must find the courage to defy her fears and follow her heart, with far-reaching consequences for them all. Leanne has quietly ignored her husband's cheating for decades, but is jolted into action by the echo of Nichole's all-too-familiar crisis. While volunteering as a teacher of English as a second language, Leanne meets Nikolai, a charming, talented baker from Ukraine. Resolved to avoid the heartache and complications of romantic entanglements, Leanne nonetheless finds it difficult to resist Nikolai's effusive overtures—until an unexpected tragedy tests the very fabric of her commitments. An inspiring novel of friendship, reinvention, and hope, *A Girl's Guide to Moving On* affirms the ability of every woman to forge a new path, believe in love, and fearlessly find happiness. Praise for *A Girl's Guide to Moving On* "Macomber is a master at pulling heartstrings, and readers will delight in this heartwarming story of friendship, love, and second chances. Leanne, Nichole, Rocco, and Nikolai will renew your faith in love and hope. The perfect read curled up in front of the fire or on a beach, it's as satisfying as a slice of freshly baked bread—wholesome, pleasantly filling, and delicious."—Karen White, New York Times bestselling author of *Flight Patterns* "Beloved author Debbie Macomber reaches new heights in this wise and beautiful novel. It's the kind of reading experience that comes along only rarely, bearing the hallmarks of a classic. With characters as warm and relatable as your best friends, it's a novel of connection, exploring life's unexpected twists and turns—friendship, betrayal, passion, heartbreak, and healing. The timeless wisdom in these pages will stay with you long after the book is closed."—Susan Wiggs, #1 New York Times bestselling author of *Starlight on Willow Lake*

***A Girl's Guide to Personal Hygiene*** Dec 26 2019 "A Girl's Guide to Personal Hygiene is everything I never knew I wanted: a disgusting, hilarious, and honest book that pays tribute to the female body and all of its habits and suppurations. It is delightfully and uncomfortably relatable and I love it with my whole self—heart, sweat, bowels, and all."—Carmen Maria Machado, author of *Her Body and Other Parties* We sniff our knickers; we bite our own toenails; we laboriously dig out ingrown hairs: Women aren't as ladylike as people would like to imagine. Using anecdotes collected from hundreds of anonymous sources, this gleefully disgusting illustrated book rewrites our definition of femininity. One day, the artist Tallulah Pomeroy overheard a conversation between two girls about another friend of theirs they knew in college. Apparently, when this friend had been on tour with the rugby team, she'd drunkenly 'done a shit in the sink.' 'She's not a girl if she did that,' said one to the other. 'She may have a vagina, but she's not a girl.' This exchange made Tallulah laugh, but it also made her think. How many things had her friends done that meant they 'weren't girls?' She made a Facebook group and asked people to submit stories about their 'unladylike' behaviors. The page was soon flooded with more stories than she could have ever imagined: about ear wax and trapped wind, gray pubes and bloody pajamas. It became a community of honest, funny, and supportive women, who, by admitting to things they'd thought were shameful, no longer had to feel ashamed. For *A Girl's Guide to Personal Hygiene*, Tallulah made original illustrations to accompany a selection of those Facebook posts—plus dozens more from an expanded call for submissions—to create an exuberant and galvanizing handbook for all the nasty women of the world.

***The Smart Girl's Guide to Getting What You Want*** May 23 2022 Do you feel like you're not heard but you don't want to have to scream? Personal development coach Mary Hartley explains the secrets of assertiveness – of how to communicate with other people in ways that are confident, effective – but also considerate. Mary reveals the simple steps you can take to help you relate to other people honestly and openly in every area of your life – at work, with your friends and family and in your love life. You will discover that you can be true to yourself and your needs without hurting or diminishing other people. • What assertiveness is and why it matters • How to avoid aggression, passivity and manipulation • Tips for handling tricky situations including put-downs and dealing with bullies • Mastering assertive body language and communication Packed with practical strategies and exercises, this book will show you how to be confident, assured and proactive – with style.

***The Urban Girl's Guide to Camping and Other Plays*** Oct 04 2020 Tender, uncompromising, haunting and lyrical, these four plays together comprise a contemporary chronicle of the lives of East London's young women. In *The Urban Girl's Guide to Camping*, four young friends leave the city behind and head into the wilderness, but a burning secret threatens to tear their lives apart. A bittersweet comedy about life, love and friendship once school is long gone. The other plays in this volume are: *Mehndi Night* *Stolen Secrets* *The Unravelling* These plays are the result of a unique four-year partnership between award-winning playwright Fin Kennedy and Mulberry School in East London. Originally performed by the school at the Edinburgh Festival Fringe and at Southwark Playhouse, London, they are written in an ensemble storytelling style that will suit younger performance groups around the country, especially those looking for predominantly female roles.

***Girls' Guide to Wine*** Feb 26 2020 Atkins presents a straight-talking, fact-packed guide for girls on how to choose wine with ease and style from the wine columnist at *Eve* magazine. 15 illustrations.

***The Girl Guide*** Aug 26 2022 For every tween girl wondering about her changing body and changing brain, this funny and highly illustrated guide is the answer. Packed with advice about everything from periods to bras to body hair—PLUS tips on how to deal with crushes, new emotions, and all the chaos in between! Growing up is fun . . . but it's tough, too. There are a lot of unknowns and it can be weird and messy for girls. Worry not! This book covers EVERYTHING girls need to know, and it's all been reviewed and fact-checked by medical consultant Dr. Radha Modgil. Learn how: To make your body your best friend (not your enemy). To get out there and do YOU (even when you don't want to move off the couch). The thoughts and feelings that make you feel alone are shared by every girl on the planet. To feel amazing through exercise, nutrition, and skin care. And so much more! Great for those who loved *The Care and Keeping of You* or *What's Happening to My Body?*

***Girl's It's Time for a Change*** Aug 14 2021 *Girls It's Time For a Change* is an incredible resource for girls entering puberty and starting their periods. Whether they've already begun their period, or are impatiently waiting, every question they could possibly have is answered with great care and warmth by author Joan Reid. Chock-full of information and covering a multitude of topics, this book is a lifesaver for parents and caregivers of prepubescent daughters. Let's face it. Menstruation is a touchy subject, yet something that cannot be avoided. While one child may be anxiously waiting for the day she starts, another may be full of trepidation and fearful of the changes to come. No worries. The answers are here. Inside you'll find chapters that cover: *The Reality* *Developmental Changes* *Personal Hygiene* *What to Wear* *Who to talk to* *Tips on which sanitary products to use* And so much more Menstruation is a multi-faceted condition, with symptoms ranging from irritability and discomfort to mood swings and migraine. Your daughter doesn't have to face it alone. Not only does the book's content address the emotional aspect of a girl period, it comes complete with diagrams and full-color graphics to clearly explain the physical transformation. *Girls It's Time For a Change* is a book every girl needs to have in her

library. In addition, it includes a Period Planning Calendar and a Diary for keeping track of her feelings throughout the month. For even more information, she'll be encouraged to visit [www.girlsitstimeforachange.com](http://www.girlsitstimeforachange.com), a website created as a companion to the book."

A Teenage Girl's Guide to Being Fabulous Nov 17 2021 Being a teenage girl in 2015 has never been tougher. Sexting, trolling, grooming and the sexualisation of girls at ever younger ages means growing up in the 21st Century is like walking a tightrope without a safety net. So how do you get through it unscathed? A Teenage Girl's Guide To Being Fabulous, by the broadcaster and journalist Suzanne Virdee, helps girls to aspire and achieve. It shows girls how to navigate through those potentially difficult teenage years and to emerge strong, confident and make them see they truly are Fabulous. It's uplifting and inspiring and practical. This book explodes the creeping belief that 'sexting' and being treated as sex objects by boys is just something girls have to put up with. It's not aimed at telling girls what to think but instead encourages them to think for themselves. It helps girls understand the way the world works while not being crushed by it. It's impossible to feel anything but positive and empowered when reading this. It's a teenage girl's best friend in paperback!

A Girl's Guide to Life Jun 24 2022 Presents advice for teenage girls on how to improve body, mind, and soul as they grow into womanhood.

**The Good Girl's Guide to Being a D\*ck** Sep 03 2020 THE INTERNATIONALLY BESTSELLING NO-NONSENSE GUIDE THAT WILL TRANSFORM YOUR LIFE. Stop worrying about being nicer, calmer, or more patient. Be a d\*ck. For author Alexandra Reinwarth, it all began when she told off a toxic friend. Realizing this person was making her life miserable, she ditched her. This one small act of rebellion sparked a huge change in the way Alexandra forever dealt with social guilt about everything. Ever struggle with how you are as a person as a friend or a coworker as a partner or a mother as a daughter-in-law? THE GOOD GIRL'S GUIDE TO BEING A D\*CK will teach you how to embrace your inner jerk, guiding you through who and what to get rid of from your life, stop worrying about what others think, and how the seemingly small things in life can have a huge impact on the quality of your everyday living. You'll learn how to embrace your own needs and desires to live the life you've always wanted. For any woman who has felt that familiar agony of saying "no"--this book is for you.

The Girls' Guide to Hunting and Fishing Jan 07 2021 After following the advice from a manual called "How to Meet and Marry Mr Right", Jane learns that in love there is neither pattern nor promise. This is a funny collection of connected stories and a portrait of Jane, a woman manoeuvring her way through love, sex and relationships.