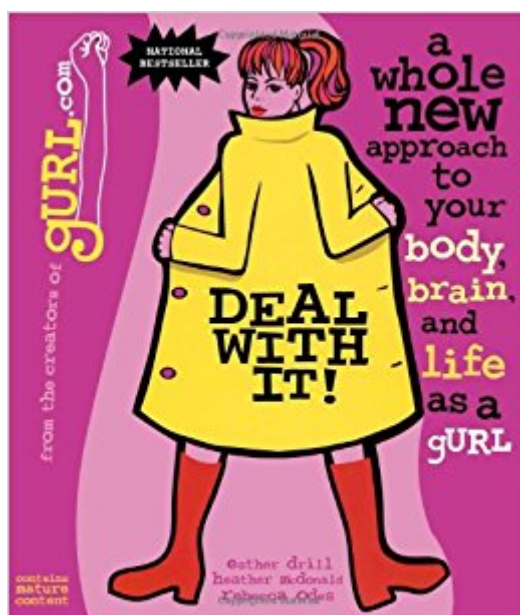


The book was found

Deal With It! A Whole New Approach To Your Body, Brain, And Life As A GURL



Synopsis

Deal With It! offers a whole new approach for dealing with your life as a girl. It's a resource to help you learn about, laugh about, and figure out the stuff you go through on your way through life. It won't tell you what to do, because you'll need to decide that for yourself. But whether you're wondering about your body, your feelings or your changing relationships with the people around you, this book provides accurate information and outlines your options. Hilarious illustrations point out the humor in even the sorriest situations. And with hundreds of excerpts from real-girl conversations on the gURL.com website, you can see for real that whatever you're going through, you're not alone. This book is for anyone who needs to know what it means to be a girl -- from those on the edge of their teens to those who are way past them but still reeling from the trauma.

Book Information

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Customer Reviews

The birds and bees have never been so hip, thanks to Esther Drill, Heather McDonald, and Rebecca Odes, creators of gURL.com and authors of Deal with It! A Whole New Approach to Your Body, Brain and Life as a gURL. As their Web site blossomed in popularity, the gURLs noticed that today's teens have the same questions about sex, love, and growing up that they had as teens. "Hearing what they had to say convinced us that there was a need for a new kind of book about being a girl, one that's smart, funny, approachable, and tuned in to the things girls really want to know." With chapters such as "Boobs," "What's Up Down There," "To Do It or Not to Do It," and "Those Sucky Emotions," the gURLs have got everything covered--with the frankness, humor, and style frustratingly absent from the majority of similarly themed books. All topics are fair game: zit

remedies; a dazzling array of hair removal techniques; masturbation methods; sexual positions and orientations; what to do if you are raped; how to deal with anger, depression, and anxiety; the physical effects of different drugs; how to get along with friends and family; and more. In addition to a cooler-than-cool, color-drenched layout and loads of detailed info, Deal with It includes a ton of questions, comments, and personal advice from teenage girls who frequent gURL.com. Reading page after page of these earnest, confused, and curious young voices drives home the need for a book like Deal with It and makes clear that the women of gURL.com have met that challenge with resounding success. (Ages 12 and older) --Brangien Davis

Following a recent trend, Web gurus Drill, McDonald and Odes have translated their highly popular Web site, gURL.com, into print, taking a holistic approach to those perennial teen concerns: changing bodies, emotions, desires and lives. In a frank, nonjudgmental tone, they discuss topics and details that more conservative guides might skip: lesbianism and bisexuality receive respectful and thorough treatment that is remarkably well-integrated into the broader discussion of sex in this happily nonphallogentric book; the section on illegal drugs is evenhanded; and the discussion of treatments of eating disorders, other mental illnesses and suicide are honest and informative. Each section ends with a comprehensive list of topical resources: Web sites, hot lines, books and organizations. In addition to the authors' valuable commentary, a good deal of the text is made up of outtakes from girls' online dialogues culled from the site, revealing a thoughtful and supportive cybercommunity able to respond unflinchingly to the many issues covered. Young readers, liberal parents and educators will welcome the authors' openness and lack of boosterism . Full-color illustrations throughout. Agent, Julie Merberg, Roundtable Press, Inc.; 5-city author tour. (Sept.) Copyright 1999 Reed Business Information, Inc.

I'm so glad I was able to find it online since it appears it's no longer in print or sold at regular, local books stores. I utilized this book myself when I was growing up in the late 90s/early 2000s and it was the most honest and extensive resource my mother could've given me for what it's like growing up a girl in the world today. This books covers absolutely everything, including the strange, awkward parts of being female and definitely not the sort of things you might want to discuss with a parent. There are all kinds of things that you experience for the first time as a teenager and not everyone has the kind of relationship with a parent in which they feel comfortable enough to talk about some of these subjects.I only wish there had been a male version for my son. Thankfully there is a section on males and we've explained the book to him now that he's entering puberty. It's a book that sits

on the shelf and can be utilized and looked without question. Above all else, this book taught me what my friends, family, and school failed to. It taught me about the importance of consent, that all the things I was experiencing were normal, how to handle depression when it came on for the first time, what to do in some of the worst case scenarios we find ourselves in as women. Please note: this is not the kind of book that will tell your child to abstain from sex or utilize religion or shame to teach. This is a 100% honest book for teenagers that discusses the worst and best, gives sexual tips, the acceptance of all body types, self care, std's, illness, masturbation, and overall how to be healthy and responsible about sex.

Purchased for my 13 year old daughter. It is an in depth (but not overly so) book that has been a great conversation starter. Some of the topics are for a little "older" crowd (in my opinion), but I know she is facing some of those topics in school... so this helped steer those conversation. Would recommend.

I cannot say enough good things about this book. It was my favorite book growing up as a pre-teen/teen. All my friends loved it and wanted to borrow it. I bought it myself this book when I was 15 with money I received for my birthday. I learned so much from it. It allowed me to be prepared for what my body was going through and becoming a woman, It's detailed, very informative and it doesn't really sugar coat anything. It gives accurate information. I bought my niece one when she started her period. My brother flipped out because of how DETAILED the book is, But hey, we have to learn somehow and this answers questions you might be afraid to ask an adult. GREAT BOOK.

So looking through the pages as a now adult (23) it made me feel slightly uncomfortable putting this book in my 16 y/o sister's hand (my little sister through a mentoring program whom I got permission by her mother to give this book to). Ironically that is one of the main reasons I love it, and I'm glad I had it as a teen. It talks about the things that we are too afraid to teach children. It holds no bars, cuts no corners, and it gives you situations for exactly what they are. I also love how they do a good job of basically showing you no matter what you're going through, others have been through it too so you're not alone. I understand some women may think its inappropriate and uneasy to tell their princess about masturbation and oral sex. Or you may think she doesn't know or need to know until the right time. Its never the right time! And honestly if only my sisters mother knew just how much my little sister knows! Well, would you rather her learn from you? Or her friends/peers that knows about as much as she does? And news flash kids talk about sex! Kids have sex! Nobody likes to

think it could be their child, and nobody wants to think of their child as sexually active BUT they know more than we think they do. So why not give them the tools to make a proper decision vs them winging it on their own. Some people's concern is it encourages them to have sex. That is ridiculous! These could be the same ones crying when they find out not only is their daughter sexually active, but she's pregnant. Give your child the tools they need to make it out here because if you don't, someone else will!

I bought this book for myself when I was 12, and to me it was like the bible of girlhood. It covers absolutely EVERYTHING you've every wanted/needed to know when growing up. I was shy as it is, and I was too nervous to ever ask one of my parents or friends if something I was going through was "normal". The book starts with going through puberty, and covers everything beyond that. Body, Sexuality, Brain, and Life are the four sections in the book, completely informative with factual information as well as information from real "gurls" themselves. Boobs, Vaginas, Body Image, Friends, Family, Sex, Dating, Orientation, STDs, Religions, Schools...I can't stress how much I LOVE this book. I used it from the time I was 12 until I was 17, and then passed it on to my younger sister who was 12 at the time. I have also bought one for my now 10 year old sister, knowing that she will soon enough need it. I recommend that EVERY girl have one of these books...it includes everything you need to know, and also has additional resources needed in case you should need any help. Buy it for you daughter or your sister or you friend! It will be one of the best gifts ever!!

I recently bought this book and was amazed by it! I can't believe how appealing this book is! It's not one of those things that you have to read, but don't want to! The only downside is that some of the stuff inside might not be good for younger girls.

This book is an excellent source for the female anatomy. A Must Have in any household raising females.

Very pleased.

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Deal with It! A Whole New Approach to Your Body, Brain, and Life as a gURL Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet)

Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (The New Harbinger Whole-Body Healing Series) The Whole-Body Approach to Osteoporosis: How to Improve Bone Strength and Reduce Your Fracture Risk (Whole-Body Healing) by McCormick, R.Keith (2009) Paperback 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The Healthy Gut Workbook: Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More (The New Harbinger Whole-Body Healing Series) The Whole Brain Business Book, Second Edition: Unlocking the Power of Whole Brain Thinking in Organizations, Teams, and Individuals (Business Books) The Whole-Food Guide for Breast Cancer Survivors: A Nutritional Approach to Preventing Recurrence (The New Harbinger Whole-Body Healing Series) The Whole-Food Guide to Strong Bones: A Holistic Approach (The New Harbinger Whole-Body Healing Series) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Glamour Gurlz: The Ultimate Step-by-Step Guide to Great Makeup and Gurl Smarts 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! The Whole-Food Guide to Overcoming Irritable Bowel Syndrome: Strategies and Recipes for Eating Well With IBS, Indigestion, and Other Digestive Disorders (The New Harbinger Whole-Body Healing Series)

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