



Girl Stuff: Your Full On Guide To The Teen Years

Kaz Cooke

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With over 600 pages and heaps of cartoons, Girl Stuff is written especially for girls and has everything they 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.

Each chapter includes facts, hints, inspiring lists, hundreds of quotes from real girls, and details for over 350 websites, books and other information. Written in extensive consultation with more than 70 medical, and practical experts, Girl Stuff provides the most up-to-date and useful information possible.

Girl Stuff: Your Full On Guide To The Teen Years Details

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Author : Kaz Cooke

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From Reader Review Girl Stuff: Your Full On Guide To The Teen Years for online ebook

Ana Laura De Romero says

No fue de mi agrado. Es verdad que trae cuanta información puedan necesitar las adolescentes, sin duda verdadera y quizá hasta con 'bases científicas', más creo que no solo hay que darles información sino formación y en este libro siento que se quedaron cortos en cuanto valores, sentí que promueve un feminismo mal planteado que siendo estrictos puede rayan en libertinaje.

Estoy de acuerdo que los valores y la formación se dan en casa, así que ¿para qué darles un libro que no coincide con lo que buscamos inculcar? ya leí otros libros similares y pienso que son más adecuados, quizá porque son desarrollados por mexicanos que saben en qué están o qué deben tratar con las adolescentes mexicanas. Pienso que la editorial debió proponer a la autora una adaptación a las necesidades del público al que va dirigido y no solo una traducción de un texto.

Busco por lo general las cosas buenas que se puedan tomar de un texto, más lo que pueda sacar de provecho de este libro ya lo había visto en otros anteriormente.

Ximena says

3.5 en realidad.

Es una guía ideal que todas las chicas deben de tener desde los 11 o 12 años aproximadamente, ya que trata diversos temas que abarcan desde los inicios de la pubertad hasta consejos académicos.

Aunque es buena, a veces se torna aburrida porque la autora suele repetir varias cosas que son realmente simples en varias ocasiones, así de ridículo como un shampoo con instrucciones.

Dejando eso de lado, incluye información importante como cuánto alcohol contiene realmente cada bebida alcohólica o información básica pero que se debe tomar en cuenta sobre drogas, además incluye testimonios de personas que pasaron por lo mismo o han oído sobre eso según el tema que se trate.

Como es una guía no debería de leerse de principio a fin, sino leer solo el o los temas en que se esta interesada en ese momento y buscar otros después (yo lo hice así, pero por eso tardé demasiado en leerlo, porque a veces no me apetecía los temas que se trataban, entonces lo dejaba para después, para cuando estuviera interesada en el tema siguiente).

Shannon says

Technically my (11yo) daughter read and sometimes offered a tidbit, but she really enjoyed it.

Hollie says

As I'm now 16, and already know a bunch of this stuff, it is still very interesting to learn what another woman says is right, not needed and helpful advice. I did start this book years ago but never finished it. I'm am proud to say that I finally finished it today. I'm going to keep this book for when I have my daughter, to help her, and I hope she passes it to your daughter and so on. :)

Amanda says

5 stars.

If you are a teenage girl, you *need* this book.

Somewhere between Grade 3 and Year 8, I'm pretty sure every girl I know received this book from their parents.

And to that I say those parents (including mine) deserve a pat on the back because this book is phenomenal.

Kaz Cooke has managed to write a book that is very informative, without being terrifying to young girls. She doesn't censor anything, but instead introduces topics gradually, providing plenty of information. It's incredibly comprehensive (and as such, I've never actually read the entire thing), but the sections and chapters are neatly organised and super easy to dip into as you require. Real talk: this book basically stood in for my 'birds and the bees' talk and it worked perfectly, allowing me to consolidate and comprehend the new information in privacy and time. Because processing personal information in the presence of other people, even if they are my parents, just stresses me out. And it's not just body changes and sex that Girl Stuff covers: it also covers beauty, body image, self-care, drinking, drugs, mental health, confidence, love, school, work, family, friendships—the list goes on. I'm actually thinking of returning to this book, just for a refresher as I near the end of my teenage years (I'm not terrified, you're imagining things).

But it's not all sombre. Cooke strikes a great balance between seriousness and levity. She has included a plethora of hilarious cartoons, and all throughout the book, there is humour. Her views are empowering and progressive—you won't find any backwards 19th century crap here.

Another reason too, why I so highly recommend this book to teenagers, particularly Australian teenagers, is because this book is tailored to the Australian teenage culture, and all its laws and customs. Kaz Cooke really understands the issues teenage girls face in Australia and she writes about them with earnest.

User-friendly, humorous and empowering, Girl Stuff is every teenage/pre-teen girl's must-have. Parents, take note.

Yazmin Duran says

Sé que muchas de ustedes están pasando por una etapa muy dura llamada adolescencia, esa tediosa etapa en la que empezamos a descubrir todo, donde nos enamoramos cada 5 segundos, esa etapa de rebeldía; en fin, una etapa muy linda pero que en la cual estamos muy desinformadas.

Muchas veces sucede que tenemos alguna duda y no queremos compartirla con los amigos, y mucho menos con los padres, y es por eso que se creó esta guía (que quede claro que no sustituye la opinión de padres y profesionales, es como para comprender y darnos una idea). Es una guía bastante completa, abarca desde los cambios en el cuerpo hasta trabajo, moda, drogas, etc.

También está dotada de opiniones de chicas de distintas edades, y consejos bastante útiles (por no decir que también cuenta con bastantes dibujos que aportan consejos y ejemplos, dibujos bastante simpáticos por cierto).

A pesar de que tengo 19 años y ya voy de salida de esa hermosísima etapa, me ha servido bastante. Había cosas que desconocía o de las que tenía duda, y esta guía me ayudó demasiado (más que nada con lo de ahorrar y trabajo).

Esta guía está muy bien explicada, con un lenguaje sencillo y fácil de comprender, y muy ligero. Quisiera decirles los temas que trata pero son demasiados (drogas, relaciones de pareja, sexo y ETS, familia, etc.). Realmente saca de apuros cuando se está en una situación difícil.

♥pAiGeRyAn♥ says

It has everything you need to know for the teen years

Cara says

I must admit to being a bit of a Kaz Cooke fan, Up The Duff, and Kidwrangling, sit amongst my favourite 'parenting' books. She has a great way of normalising those big events in your life when you're at the mercy of other things, be that hormones, little creatures growing inside you, or how to deal with the fact that when they come out they're really noisy and demanding and then they stop being quite as noisy, but only when they can follow you from room to room demanding stuff and rolling their eyes.... Anyway, I digress...

The teenage years is another event that Kaz Cooke handles beautifully, it covers pretty much everything, in a quite objective and informative way, from sex to drugs to school and the dramas of female friendships and, of course, body image. It's all here, and it's factual, it's lighthearted, it's humorous and I love all the quotes from other teenagers. There's no lecturing here. I also, from a totally biased perspective, enjoyed the subtle parts where it says be nice to your parents, and to do your bit so you keep parents onside, I think that's really important, and I may highlight before I give the book to my daughter...

My main issue with this book is I don't understand why eating fifty six tim tams when you're feeling down is listed as being a bad thing?? Surely learning to stash your own chocolate is an important skill in the transition to womanhood... after all you can't sanely parent without it...

Bron says

This book was so helpful. Loved it ;)

Châu Nguy?n says

This book is Awesome.

I have read through plenty of teen self-guides, but none can compare to this book (and neither do online articles). It answers numerous questions that other girls seem to have known the answer to (or not care) while I couldn't figure out, like: Why am I so moody? Is there something wrong with me? What are the signs of a "bad" boy? Should I have sex, when and how? Is it normal to think about sex?

Besides those, Kaz Cooke also discusses more general, non-puberty-related topics like How to be healthy, What to eat, Skincare, Education and Jobs. Her book helps with my confidence, because she actually Understands! (unlike people who don't get us but still try to say nice things; it doesn't help much)

Edit: there are some points I don't like about it much, actually. Overall, it's a nice book.

Tanika says

I can use this book forever.

Kireen says

awsum

Nandar says

This book seriously explains a lot to me. If I have troubles with anything, I can just look into the book. Seriously girls, this is the ultimate guide!

Sarah says

My savior in my teen years.

Tem says

This book is really helpful!
