



# Girl Stuff: A Survival Guide to Growing Up

*Margaret Blackstone, Elissa Haden Guest*

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Girls approaching puberty have lots of questions: How can they get rid of zits? Why do they sometimes feel cranky and scared? Are they "normal"? With a relaxed conversational style, this comprehensive and compassionate guide will help answer those questions and many more--even those that are too scary or embarrassing to ask.

Loaded with information that will help tween girls understand and cope with the physical and psychological changes that go along with puberty, this updated and expanded coming-of-age guide will be shared and read over and over until all those changes don't seem so confusing.

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