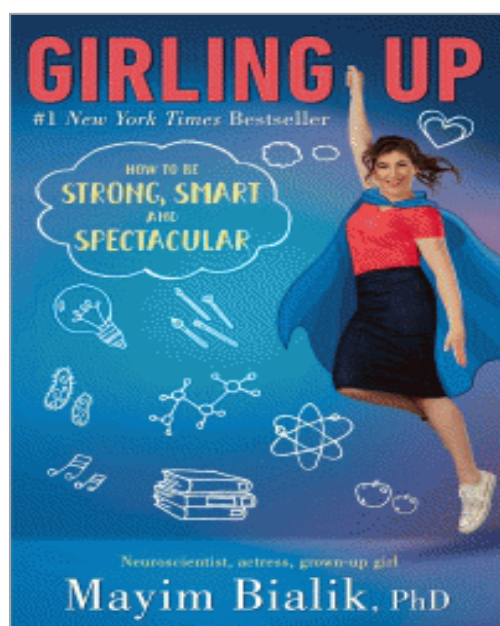


## Advance Information

### Girling Up

How to Be Strong, Smart and Spectacular



<b>Author:</b>	Mayim Bialik
<b>ISBN:</b>	9780399548611
<b>Imprint:</b>	Penguin Books
<b>BIC Category:</b>	Personal & social issues: body & health
<b>Dimensions:</b>	210 x 140 x 15
<b>Binding/PP:</b>	Paperback (BC), 192 pp
<b>Rights Countries:</b>	Ireland & United Kingdom
<b>Pub. Date</b>	01 Jun 2019
<b>Price:</b>	GBP8.99

#### Selling Points:

In this #1 New York Times bestseller, Mayim Bialik, star of The Big Bang Theory, talks directly to teens about everything from first kisses and first periods to rocky friendships, family responsibilities, and figuring out your true passion. A must-have for all teenage girls!

#### Description:

Growing up as a girl in today's world is no easy task. There are pressures of family, friends, romantic interests, and school, not to mention changing bodies, evolving social circles, and shifting views on the world. Using stories, interviews, personal anecdotes, and facts, Mayim Bialik, the star of The Big Bang Theory, puts her PhD to work and talks directly to teens about what it means to grow from a girl to a woman biologically, psychologically, and sociologically. Mayim takes the tone of a cool, smart aunt and uses her own experiences to illustrate her points. In five sections (How Our Bodies Work; How We Love; How We Spend Our Time; How We Cope; and How We Matter), she takes a look at what it means for girls to come of age today, how can they take control of their paths, and what can they do to help shape the types of futures they want for themselves.

#### Author's Previous Books:

9780399548604 Girling Up (Hardback), 9780525515975 Boinging Up