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## ***Girl Stuff: Your full-on guide to the teen years***

Everything you need to know about being a teenage girl

OK, so life ain't a bed of roses. You and your friends are streetwise, smart and funny, but being a teenager isn't always that great.

You start your teens as a kid, and leave them as an adult. In between, there are heaps of changes, some of which are confusing, some of which can be scary and some of which you think are gross - *Girl Stuff* leads you through it all, tells you how to build your confidence - and explains why you're not gross!



*Girl Stuff* is on your side. It's a new book about how to make the most of being a teenager, and how to handle some of the problems that can turn up and make you want to scream into a pillow, or, preferably, at the nearest member of your family.

***Girl Stuff* has EVERYTHING you need to know about...**

body changes - sizes - exercise - food - why diets suck - clothes - make-up - shopping - spots (arrghh) - hair - embarrassment - moods - love and heartbreak - sex - guys - school stress - friends - bullies - finding new friends - smoking - drinking - drugs - parents - earning money - confidence - being happy about you

*Girl Stuff* tells the truth and lets you make up your own mind, whether you're 10 or 18. With four overall themes: Body; Head; Heart; and Info To Go, each chapter has facts, lists, hints, hundreds of websites and other places to try for more help, plus tips and info from more than 70 medical and other experts, and quotes from real girls (over 4000 surveyed aged 12 to 18).

*'I used to smoke and not eat just to lose weight. Let everyone know it's a myth. All it does is make you get sick.'* Tara, 18

### **Why parents need this book...**

When it comes to role models for teenage girls, who do they look to? What do they worry about? What are they doing online?

The mind of a teenage girl can seem like a minefield - and that's from the outside. Imagine what it feels like to be in one. Their questions are likely to outnumber yours tenfold, and they're probably a lot smarter than you.

Parents tend to worry about sex, drugs, drinking and smoking, while at different times, girls may be more interested in reading about how to deal with friendship wrangles and bullies.

*Girl Stuff* is designed to be a friend through the teenage years - it tells the whole truth and nothing but the truth, to let girls make up their own mind about things, and to give parents a bit more info about just what the hell is going on.

## **ABOUT THE AUTHOR**

Kaz Cooke is an award-winning author and cartoonist, mum and former teenage girl. She has a background in journalism and faffing about. She is a columnist, radio broadcaster, and the best-selling author of *The Rough Guide to Pregnancy & Birth*, and *The Rough Guide to Babies & Toddlers*. She has too many handbags and never knows where her mobile phone is.

"I couldn't put it down. The diary dates made me howl with laughter, but information sections were also incredibly useful. It was a constant source of reassurance and reason."

*Pregnancy & Birth Magazine* (on Kaz Cooke's *Rough Guide to Pregnancy & Birth*)

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## **NOTES TO EDITORS:**

*The Rough Guide to Girl Stuff: Your full-on guide to the teen years*

Written and illustrated by Kaz Cooke

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**Kaz Cooke is available for interview**

**For author interviews, review copies, giveaways or extracts contact:**

Anna Paynton • 020 7010 3701 • [anna.paynton@uk.roughguides.com](mailto:anna.paynton@uk.roughguides.com)