

Access Free A  
Smart Girls Guide  
To Style Smart  
Girls Guides

# **A Smart Girls Guide To Style Smart Girls Guides**

Have you ever thought about how awesome cooking really is? It's actually pretty cool to take ingredients and

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combine them in a special way to make something totally different - and delicious! Plus, sharing your tasty creations with family and friends makes it even more fun.

Think of this book as your first step toward developing your culinary skills.

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You'll learn the basics like chopping, mixing, and blending; then you'll practice those skills with some classic recipes. Your family and friends will be amazed when you delight their taste buds! But that's not all. Cooking is also

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about presentation  
and making things  
look appetizing.

You'll get tips and  
suggestions for  
pretty presentations,  
and learn how to  
plan a complete  
meal, too. So grab  
an apron, plop on a  
chef's hat, and get  
cooking!

Do you feel like

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you're not heard but  
you don't want to  
have to scream?

Personal  
development coach  
Mary Hartley  
explains the secrets  
of assertiveness – of  
how to  
communicate with  
other people in  
ways that are  
confident, effective –

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but also  
considerate. Mary  
reveals the simple  
steps you can take  
to help you relate to  
other people  
honestly and openly  
in every area of your  
life – at work, with  
your friends and  
family and in your  
love life. You will  
discover that you

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can be true to yourself and your needs without hurting or diminishing other people. • What assertiveness is and why it matters • How to avoid aggression, passivity and manipulation • Tips for handling tricky situations including

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put-downs and  
dealing with bullies •

Mastering assertive  
body language and  
communication

Packed with  
practical strategies  
and exercises, this  
book will show you  
how to be confident,  
assured and  
proactive – with  
style.



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02

Shares helpful advice and engaging quizzes to counsel tweens on the realities of attending middle-grade classes, doing homework and getting involved in after-school activities, providing tips by former

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middle school students on making friends with new peers. Original. Packed with tips, quizzes, and "What would you do?" scenarios, this book can help girls be smart--and safe--Internet users. Parents can find great advice for

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teaching girls what to do (and what not to do) on the Web: from e-mail and instant messaging to blogs and social networks. Includes journal pages for recording favorite Web sites.

The Smart Girl's  
Guide To Growing  
Up

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Girls Guides  
Feelings, Fighting &  
Figuring it Out

A Smart Girl's  
Guide: Making a  
Difference  
Everything You  
Need to Know about  
Open Relationships,  
Non-Monogamy,  
and Alternative Love  
A Smart Girl's  
Guide, Middle  
School

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How to Have Fun  
with Fashion, Shop  
Smart, and Let Your  
Personal Style  
Shine Through  
Everything You  
Need to Know  
About Open  
Relationships, Non-  
Monogamy, and  
Alternative Love  
Are you in an  
abusive or

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unhappy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do

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you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with

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practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive



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rebellion,  
positive  
affirmations and  
radical  
acceptance, this  
book will  
provide a useful  
and  
comprehensive  
introduction.  
For those  
struggling from  
the trauma of  
emotionally

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abusive  
relationships,  
this book will  
guide you in  
recognizing the  
signs of abuse,  
creating a  
reverse  
discourse that  
challenges  
ruminations over  
the abuse,  
moving forward  
successfully

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after a break-up  
using no  
contact, and  
techniques on  
coping with  
trauma in  
constructive and  
meaningful ways.  
Each chapter of  
this book also  
provides a list  
of supplemental  
resources as  
well as a

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recommended reading list to guide you on this journey to greater self-love and self-care. Although this book is intended for everyone, its target audience is young women who are socialized to

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Girls Guides  
believe that  
their needs and  
wants don't  
matter and that  
their  
relationships  
with others are  
much more  
important than  
the relationship  
they have with  
themselves. In  
order to have  
healthy, happy

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relationships  
with others, we  
must first  
cultivate  
healthy, happy  
relationships  
with ourselves  
and eradicate  
the toxic habits  
that deplete us  
of the self-love  
and self-  
acceptance  
necessary for a

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fulfilling life.  
You may be  
wondering: How  
is it possible  
to banish the  
browbeating  
bully inside  
your own head,  
influenced by  
all the bullies  
you've  
encountered in  
real life? How  
do you learn how

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to be more present in the moment rather than ruminating over the pitfalls of your past? How do you learn to love yourself, despite all of the experiences that tell you you aren't even worthy of your



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own respect and appreciation?

Using a patchwork of diverse techniques and practices, The Smart Girl's Guide to Self-Care answers these questions through a holistic program of tending to

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the mind, body  
and spirit in  
healthier and  
more productive  
ways, serving as  
the portal to  
immense healing  
and enabling you  
to stage your  
own recovery and  
victory in ways  
you never  
thought  
possible.

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A practical reference for young girls helps them identify personal spending styles while outlining strategies for earning money, saving funds and making smart shopping choices as recommended

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through the  
quotes and tips  
of other girls.  
Original.

Offers advice on  
a variety of  
topics relating  
to starting  
middle school,  
including  
setting up a  
morning routine,  
equipping a  
locker, and

# Access Free A Smart Girls Guide To Style Smart Girls Guides

tackling extra  
homework.

Original.

Sometimes when  
we worry about  
something, it  
feels like we're  
the only ones -  
and that makes  
us even more  
worried! But  
really, everyone  
worries about  
something from

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time to time.

Sometimes the worries are about big things, like an argument with a friend, taking an important test, or having to perform in front of a crowd; and sometimes the worry is about

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smaller things  
like having a  
bad hair day or  
saying something  
embarrassing.

But regardless  
of what the  
worry is about,  
it never feels  
fun to worry!

This book will  
help you put a  
stop to worrying  
as soon as it

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starts. Take interesting quizzes to discover more about yourself and the things that concern you, and get great tips and tricks for creating a sense of calm. Plus, read some really helpful advice



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from girls just like you who found a way to relax their worries. The whole book is packed with techniques for handling worry, creating confidence, and inspiring you to be the girl you're meant to

# Access Free A Smart Girls Guide To Style Smart be.

"Many people struggle with loving their bodies, but it's especially difficult for girls as they grow up. Girls face a lot of pressure to look a certain way, and the pursuit of a "perfect"

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body can lead to low self-esteem, feeling ashamed, depression, or even eating disorders. This book will help you understand how internal and external factors such as puberty, media images, social media, and peer

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pressure  
contribute to  
how you sees  
yourself, and it  
will give you  
ways to combat  
the negative  
feelings and  
behaviors that  
come along with  
negative body  
image. This book  
will also help  
you understand

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and value all  
body types, and  
learn how to be  
less judgmental  
and more  
compassionate  
toward every  
body" --

A Smart Girl's  
Guide to Manners  
The Smart Girl's  
Guide to Going  
Vegetarian  
Using Your

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To Style Smart  
Talents and  
Passions to

Change the World  
Surviving  
Crushes, Staying  
True to Yourself  
& Other Love  
Stuff

A Smart Girl's  
Guide to the  
Internet

A Smart Girl's  
Guide to  
Understanding

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Her Family

A Smart Girl's

Guide to

Friendship

Troubles

The G-spot, the powerhouse of female orgasm, is often veiled in mystery and confusion - many believing it to be

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nothing more than  
urban legend! With  
wit and panache,  
sex educator and  
bestselling writer  
Violet blue  
introduces readers  
to G-spot play.  
Beginning with an  
anatomical guide  
and incorporating  
suggestions for



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couple-play,  
positions, toys and  
safer sex, this  
guide will lead  
readers to thrilling  
new sensations  
and earth-shaking,  
bed-breaking, gale-  
force climaxes!  
Any girl can  
unleash her own  
orgasmic

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superpower with  
The Smart Girl's  
Guide to the G-  
spot.

No one likes a  
know-it-all, but  
everyone loves a  
girl with brains and  
heart. The Smart  
Girl's Guide to  
Polyamory is an  
intelligent and

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comprehensive  
guide to  
polyamory, open  
relationships, and  
other forms of  
alternative love,  
offering  
relationship advice  
radically different  
from anything  
you'll find on the  
magazine rack.

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This practical guidebook will help women break free of the mold of traditional monogamy, without the constraints of jealousy, possessiveness, insecurity, and competition. The

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Smart Girl's Guide  
to Polyamory  
incorporates  
interviews and real-  
world advice from  
women of all ages  
in nontraditional  
relationships, as  
well as exercises  
for building self-  
awareness,  
confidence in

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communication,  
and strategies for  
managing and  
eliminating  
jealousy. If you're  
curious about  
exploring group  
sex, opening up  
your current  
monogamous  
relationship, or  
ready to come

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out as  
polyamorous, this  
book covers it all!  
Whether you're a  
seasoned  
graduate, a timid  
freshman, or  
somewhere in  
between, you'll  
learn how to  
discover and craft  
unique

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relationships that are healthy, happy, sexy, and tailor-made for you. Because when it comes to your love life, being a know-it-all is actually a great thing to be. Filled with advice, this book teaches



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girls how having  
high self-

confidence can  
turn a good day  
into a great day.

Readers are given  
tips on how to trust  
themselves, boost  
their self-esteem,  
and how to feel  
their best in all  
kinds of situations.

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Full color.

New title in the  
Smart Girl's  
Guides line of  
advice books.

Includes quizzes,  
and quotes and  
advice from real  
girls. Loaded with  
tips and advice for  
getting control of  
your space, your

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belongings, your schedule, and your responsibilities#8212at home and at school. Major help with de-cluttering, starting small with a girl's backpack and locker, and then moving on to "5 zones" of her room: study,

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entertainment,  
clothing, get-ready,  
and sleep. Focus  
on emotional well-  
being#8212less  
frustration, less  
stress, more calm  
and confident,  
better  
relationships,  
better  
performance,

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increased  
happiness with  
life#8212when not  
late or losing or  
forgetting things.  
Includes "One  
Small Step"  
sidebars  
throughout, to help  
a girl get started  
with each area of  
organization and

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not feel  
overwhelmed.

Every smart girl  
knows when to ask  
for advice, and this  
book is an  
indispensable  
companion to  
growing up.

Addressing all  
those cringey  
questions about

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periods, boys and  
boobs that adults  
squirm at  
answering, Anita  
Ganeri's sensible,  
light-hearted  
advice will calm  
the fears of any  
worried young  
woman.

Staying True to  
Yourself in

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Changing Times

How to Look

Great, Feel

Fabulous, and be

a Better You

How to be

assertive with wit,

style and grace

The Smart Girl's

Guide to Self-Care

How to Connect,

Share, Play, and



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Keep Yourself  
Safe

Save the Drama!  
and 100 Other  
Practical Tips for  
Teens

A Smart Girl's  
Guide: Race &  
Inclusion

Offers girls help  
dealing with  
backstabbing,

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bullying, betrayal  
and other tough  
friendship  
problems through  
advice, quizzes,  
tips, and accounts  
of girls who have  
overcome their  
differences and  
strengthened their  
friendship.

Offers advice to  
girls dealing with

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various aspects of divorce, remarriage, and stepfamilies.

From asking for a bigger allowance to apologizing for ruining a friend's favorite book, this guide offers the exact words needed in these more than 200

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other situations. Readers will find the tools, tips, techniques (and actual words!) to help them untangle their tongue and speak out with confidence and grace. Full color.

THE SMART  
GIRL'S GUIDE TO

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Girls Guides

FRIENDSHIP is the essential guide to making, keeping and being a brilliant friend. Every smart girl knows the importance of friendship as she grows up - best friends share support, love and laughter, but what

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happens when  
things go wrong?

The Smart Girl's  
Guide to Life is the  
essential guide to  
navigating the  
tricky and  
unexpected  
moments in life.  
Perfect for teen  
and 'tween' girls  
moving from  
primary to

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Girls Guides

secondary school,  
this book is filled  
with practical and  
friendly advice  
about money,  
careers, boys and  
self-confidence.

Finding the Words  
to Fit Any  
Situation

The Smart Girl's  
Guide To Life

A Smart Girl's

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To Style Smart  
Girls Guides  
Guide: Knowing  
What to Say

The Smart Girl's  
Guide to God,  
Guys, and the  
Galaxy

Cooking

A Smart Girl's  
Guide: Liking  
Herself

How to Use Your  
Body and Mind to  
Play and Feel Your



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Best

***To help girls  
decide whether to  
participate in a  
team sport or  
engage in a solo  
activity, this guide  
provides exercises  
to make their  
bodies stronger  
and last longer, co  
nfidence-building  
tips and***

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***brainpower drills,  
team and spirit-  
building activities,  
and tons of ideas  
from other girls.***

***Illustrations.***

***Discusses proper  
etiquette for  
different  
situations,  
including how to  
act when you're a  
host or a guest,***

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To Style Smart  
Girls Guides  
***table manners, and  
how to behave at  
family gatherings.  
This book--now  
with updated  
content and  
illustrations--offers  
girls straight talk  
on what to do  
when it seems like  
everyone's  
wondering "who  
likes who?" It***

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To Style Smart

*includes sensitive, insightful, honest advice from girls and boys on being friends, going out, breaking up, and just being themselves. Plus, it includes tips and quizzes that lend valuable perspective on the beginning and*

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To Style Smart  
**ending of  
relationships.**

**Presents  
information on  
vegetarianism and  
veganism,  
including how to  
eliminate meat and  
animal products  
from one's diet,  
find healthy  
vegetarian  
alternatives, and**

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***eating vegetarian  
away from home.***

***"Originally  
published in  
paperback by  
Egmont UK Ltd.,  
London, in  
2019."--Title page  
verso.***

***Drama, Rumors &  
Secrets  
Smart Girl's Guide  
A Smart Girl's***

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***Guide, Travel***

***The Smart Girl's***

***Guide to***

***Friendship***

***Body Image : how***

***to Love Yourself,***

***Live Life to the***

***Fullest, and***

***Celebrate All***

***Kinds of Bodies***

***Everything You***

***Need to Know***

***about Juggling***

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***More Homework,  
More Teachers,  
and More Friends!  
How to Make Food  
for Your Friends,  
Your Family and  
Yourself***

An intelligent,  
comprehensive  
guide to  
nontraditional  
and non-  
monogamous



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relationships:

“Informative and  
entertaining.”

—Dr. Elisabeth  
Sheff, author of  
When Someone  
You Love is  
Polyamorous This  
practical  
guidebook offers  
relationship  
advice radically  
different from

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anything you'll find on the magazine rack, to help women who want to break free of the mold of traditional monogamy—without the constraints of jealousy, possessiveness, insecurity, and competition. The

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Smart Girl's  
Guide to  
Polyamory  
incorporates  
interviews and  
real-world advice  
from women of  
all ages in  
nontraditional  
relationships, as  
well as exercises  
for building self-  
awareness,

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confidence in communication, and strategies for managing and eliminating jealousy. If you're curious about exploring group sex, opening up your current monogamous relationship, or ready to "come

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out” as  
polyamorous, this  
book covers it all.  
Find out how  
Samantha, Kit™,  
Melody™, and  
other American  
Girl® characters  
made a  
difference in  
their own way  
and in their own  
time with this

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Little Golden Book. Melody, Kit, Samantha, and other American Girl characters from different time periods show why it's important to stand up for what you believe in and to fight for fairness.

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Celebrate an introduction to empowerment in this Little Golden Book that's just right for children ages 2 to 5. It features full-color illustrations and a diverse group of spirited characters from a variety of

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historical settings  
that are always  
engaging. Look  
out for these  
other great

books: • Happy  
Birthday!

(American Girl)

9780593381854

• Happy  
Holidays!

(American Girl)

9780593381946



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Introduced in  
1986, American  
Girl's flagship  
line of historical  
characters  
features 18-inch  
dolls, books, and  
accessories that  
give girls a  
dramatic  
understanding of  
the role women  
and girls played

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To Style Smart  
Girls Guides  
in shaping our  
country. Little

Golden Books  
enjoy nearly  
100% consumer  
recognition. They  
feature beloved  
classics, hot  
licenses, and new  
original stories . .  
. the classics of  
tomorrow.

Whether parents

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like it or not, romance is a part of girls' everyday lives. They see it in the media and hear about it from their friends and older family members. They may be having feelings they're not even sure how to define. It's

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all very exciting,  
but also very  
confusing for  
girls. This book  
helps answer all  
the questions  
popping up in her  
head: How can  
you tell if a  
person likes you?  
How do you tell  
someone you like  
them? What if

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you haven't had a crush yet? And, ugh, what about rejection? It includes tips and quizzes, plus age-appropriate and honest advice on navigating social situations and, most importantly, staying true to herself through

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any relationship.  
Travel is all about  
adventure. It's  
about trying new  
things and  
meeting new  
people. This book  
shows you how to  
be a confident  
and happy  
traveler, whether  
you are going to  
your grandma's

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house just a few hours away or you're making a trek across the world. Filled with fun quizzes, smart safety tips, and cool trivia, this book will help you get ready for a lifetime of adventure!

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Contains quizzes,  
tips, and advice  
on confusing  
social situations.

Standing Up to  
Racism and  
Building a Better  
World

Dealing with  
Fights, Being Left  
Out & the Whole  
Popularity Thing  
A Smart Girl's



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Guide

The Smart Girl's  
Guide to Getting  
What You Want  
Getting It  
Together How to  
Organize Your  
Space, Your  
Stuff, Your Time-  
And Your Life  
Manners, the  
Secret to Grace,  
Confidence and

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Being Your Best  
How to Look  
Great, Feel  
Fabulous, and Be  
a Better You

The whirlwind of  
social media,  
online dating, and  
mobile apps can  
make life a  
dream—or a  
nightmare. For

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every trustworthy website, there are countless jerks, bullies, and scam artists who want to harvest your personal information for their own purposes. But you can fight back, right now. In The

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Smart Girl's  
Guide to Privacy,  
award-winning  
author and  
investigative  
journalist Violet  
Blue shows you  
how women are  
targeted online  
and how to keep  
yourself safe.  
Blue's practical,

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user-friendly  
advice will teach  
you how to:

- Delete personal content from websites
- Use website and browser privacy controls effectively
- Recover from and prevent

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identity theft  
-Figure out where  
the law protects  
you—and where it  
doesn't -Set up  
safe online  
profiles -Remove  
yourself from  
people-finder  
websites Even if  
your privacy has  
already been

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compromised,  
don't panic. It's  
not too late to  
take control. Let  
The Smart Girl's  
Guide to Privacy  
help you cut  
through the  
confusion and  
start protecting  
your online life.  
Shares expert

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advice for how to  
avoid and diffuse  
drama-related  
challenges  
including  
jealousy, gossip  
and cyberbullying,  
offering insights  
into the  
psychology of  
drama based on  
the experiences of



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real girls.  
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Original.

Girls have the  
power to make a  
difference,  
whether that's in  
their own lives,  
their community,  
or even the world!  
But it can be  
confusing to know  
where to start.

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From protecting our planet to helping animals to saying hello to someone who seems lonely, this book offers young readers lots of ideas -- big and small -- on how to spark change. The quizzes, tips, and

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inspiration from other girls will help her identify her talents, skills, and the causes she cares about most. Then she can find ways to take action and become a change-maker!

Provides tips and

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guidance for young girls when navigating their digital worlds, discussing such issues as the ways in which people communicate online, the need for taking breaks from technology, and the

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importance of  
online safety.

Offers advice on  
navigating the  
transition from  
elementary to  
middle school,  
from teacher to  
friends,  
schoolwork to  
homework, and  
lockers to

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classrooms.

A Smart Girl's  
Guide: Crushes:  
Dating, Rejection,  
and Other Stuff

A Smart Girl's  
Guide to Starting  
Middle School  
Even on the Bad  
Days

The Smart Girl's  
Guide to the G-

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Spot

How to Connect  
with Friends, Find  
What You Need,  
and Stay Safe  
Online

Everything You  
Need to Know  
about

Adventuring Near  
and Far

The Smart Girl's

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Guide to  
Polyamory

A Smart Girl's  
Guide: Crushes:  
Dating, Rejection,  
and Other  
Stuff American Girl  
Publishing  
Incorporated  
Offers advice to  
help girls  
understand and get



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along with parents,  
stop fights with  
siblings before they  
start and negotiate  
positive solutions to  
family problems.

"Good for you!

You've taken the  
first step in a  
lifelong journey to  
learn what you can  
do to help end  
racism. Maybe

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you've seen  
someone treated  
unfairly just  
because of the color  
of their skin. Maybe  
you were treated  
unfairly because of  
the color of yours.  
Maybe you've seen  
protests in the news  
and wondered what  
they're really all  
about. Whatever

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reason you picked up this book, you're here because you want to make a difference and change things for the better, and that's awesome!

There's a lot to learn about race and racism. But don't be overwhelmed-we'll take it step by step.

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First learn the language and concepts of race and racism. Then we can start to think about what changes we can make in ourselves, in our communities, and in the world that can help stop racism. There are lots of ideas in this

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book for thinking bigger and learning new skills as we work to end racism all around us.

Imagine a world where everyone is treated fairly and no one is hurt or looked down on because of the color of their skin. Think about all the good

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that will come  
when everyone  
feels valued,  
respected, and  
cared for-no matter  
who they are. That's  
a world that's worth  
fighting for, so let's  
go!"--

Counsels  
adolescent girls on  
how to have fun  
with fashion and

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Girls Guides  
develop a personal  
sense of style,  
providing quizzes  
for identifying looks  
that promote  
comfort and  
confidence while  
sharing advice on  
how to shop and  
handle  
disagreements with  
parents. 47,500 first  
printing. Original.

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The Smart Girl 's  
Guide to God, Guys,  
and the Galaxy  
melds spiritual and  
practical advice  
with humor—a  
winning  
combination for  
teens trying to  
navigate the ups  
and downs of life  
with grace and  
confidence. Girls



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will be encouraged and challenged with sound, biblically-based advice equipping them to stand up for their faith and live the Christian walk every day—plus, they ' ll encounter some fun, common-sense tips along the way.

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Each of the 101 accessible chapters wraps up with relevant scripture selections and thought-provoking questions, making The Smart Girl ' s Guide a perfect book to work through with friends or small groups.

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Practical Tips for  
Staying Safe Online

A Good Girl's Guide  
to Murder

A Smart Girl's Guide  
to Style

Sports & Fitness

Making a Difference  
(American Girl)

A Smart Girl's Guide  
to Her Parents'

Divorce

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*What would you love.  
Love what you eat. No  
labels. No fuss. It's not  
about what you call  
yourself--it's about how  
you feel. Whether  
you're going vegan,  
vegetarian, fish-only,  
chicken-only, or all  
veggies except  
grandma's famous pigs-  
in-a-blanket, this book  
is your new best friend.  
Eating less meat can*

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*boost your energy, help you lose weight, and it's better for the environment. If you're looking to cut down on meat or cut it out completely, here you'll find awesome advice and the answers you need to make it work for you. Get the Scoop On: •Daily meal ideas and easy recipes even your non-veggie friends*

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*will want to try •How to convince your family this isn't just a fad or a phase •Finding good food when you're away from home: veggie-friendly restaurants, colleges, and travel spots •Getting enough iron, protein, and other vital nutrients to be healthy (because being vegetarian does NOT mean a diet of ice*

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*cream and pasta)*

*• Sneaky meaty things  
that can end up in food  
that seems perfectly  
safe for vegetarians  
How to Feel Less  
Stressed and Have More  
Fun  
A Girl's Guide to Life  
How to Land on Your  
Feet When Your World  
Turns Upside Down  
A Smart Girl's Guide to  
the Digital World*

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*Money : how to Make It,  
Save It, and Spend it  
The Smart Girl's Guide  
to Privacy  
Boys*