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## How to be a Girl

By Anita Naik

Hachette Children's Group. Paperback. Book Condition: new. BRAND NEW, How to be a Girl, Anita Naik, Be the boss of you! How To Be A Girl is an easy-reading journey through girlhood and what it's like to be a girl growing up today. It examines important issues such as puberty, the politics of body hair, female stereotypes, intelligence, physical appearance, double standards and the vernacular used to describe girls and boys. It also looks at the objectification of women and sexualisation of girls by the media. How to Be A Girl is a modern feminist book for today's tweens and teens. It's a call for girls to stop beating themselves up by aiming for a so-called 'beauty ideal', to stop worrying and to start living their lives according to their own agenda. Confidence building and self esteem boosting - How To Be A Girl is not a diatribe on gender differences but a consciousness-raising, articulate and cool walk-through of what it is to be a strong and empowered young girl today. Contains sections on: body image, dieting & eating disorders, media portrayal, plastic/cosmetic surgery, body hair, online porn, dating, self esteem & confidence, discrimination, sexual harassment and empowerment. Be the...



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