

[PDF] Girling Up: How To Be Strong, Smart And Spectacular

Mayim Bialik - pdf download free book



Books Details:

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Author: Mayim Bialik
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Description:

Mayim Bialik, star of *The Big Bang Theory*, puts her Ph.D. to work as she talks to teens about the science of growing up and getting ahead. A must-have book for all teenage girls.

Growing up as a girl in today's world is no easy task. Juggling family, friends, romantic relationships, social interests and school...sometimes it feels like you might need to be a superhero to get through

it all! But really, all you need is little information.

Want to know why your stomach does a flip-flop when you run into your crush in the hallway? Or how the food you put in your body now will affect you in the future? What about the best ways to stop freaking out about your next math test?

Using scientific facts, personal anecdotes, and wisdom gained from the world around us, Mayim Bialik, the star of *The Big Bang Theory*, shares what she has learned from her life and her many years studying neuroscience to tell you how you grow from a girl to a woman biologically, psychologically and sociologically.

And as an added bonus, *Girling Up* is chock-full of charts, graphs and illustrations -- all designed in a soft gray to set them apart from the main text and make them easy to find and read.

Want to be strong? Want to be smart? Want to be spectacular? You can! Start by reading this book.

Praise for *Girling Up*:

"Bialik is encouraging without being preachy . . . many teens will be drawn to this engaging and useful book." --*Booklist*

"Ultimately, the author stresses that "Girling Up" does not end with adulthood—it is a lifelong journey. Thanks to Bialik, readers have a road map to make this trip memorable." --*School Library Journal*

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