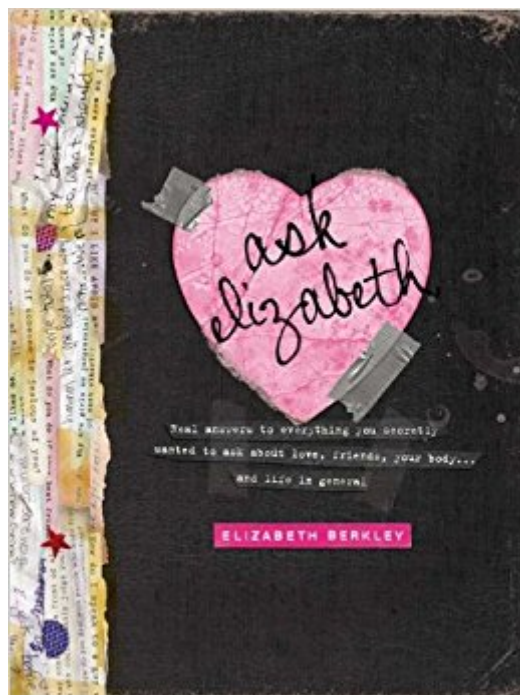




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# Ask Elizabeth: Real Answers To Everything You Secretly Wanted To Ask About Love, Friends, Your Body... And Life In General



## Synopsis

A teen girl's guide to life, love, friends, and growing up, in an intimate diary format from Saved By the Bell star and popular teen spokesperson Elizabeth Berkley. Ask Elizabeth is the complete guide to teen life; the last and only self-help book they'll ever need. Drawn from the many workshops Elizabeth Berkley has conducted with teen girls across the country, Ask Elizabeth brings these revealing and intimate conversations to life on the page. Much like a private diary, the book is a personal resource that girls can turn to when they seek answers to teen life's toughest questions. It contains real and practical advice, anecdotes, and Elizabeth's own life lessons in answer to frequently asked questions from Elizabeth's workshop, such as: What do you do when you look in the mirror and don't like what you see? or How do you get a guy to know you're alive? Along with a panel of experts, Elizabeth advises teen girls in matters of sex, nutrition, fitness, body image, personal relationships, and more.

## Book Information

Paperback: 240 pages

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Average Customer Review: 4.3 out of 5 stars 37 customer reviews

Best Sellers Rank: #292,080 in Books (See Top 100 in Books) #45 in Books > Teens > Personal Health > Body, Mind & Spirit #311 in Books > Teens > Education & Reference > Social Science #541 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

"Ask Elizabeth is a great way for girls to get candid advice to help reach their greatest potential. It is so wonderful that she has created a safe and supportive place for girls to go and gain that strength!"  
-Blake Lively "It is a true gift to have a destination like Ask Elizabeth that lovingly helps women learn what is authentic to them so that they can build a better world with the strength and confidence they

find within themselves."-Cameron Diaz "When you feel there's no one who will listen, no one who will understand, no one to turn to, you can rest assured . . . Elizabeth will always be there for you."-Janet Jackson "Ask Elizabeth is a wonderful resource for girls to ask any question their heart desires. The site offers unique support and encouragement that is vital for young women in today's world."-Hayden Panettiere "I wish I had had a place like Ask Elizabeth where I could have known that my own inner challenges were similar to other girls . . . These girls who do Ask Elizabeth are ahead of the game, armed with insight and support."-Fergie "Teen years can feel lonely and confusing. Elizabeth Berkley brings girls the support and relief they need to know they are not alone!"-Vanessa Hudgens "Elizabeth is a true girl's girl. There is no topic you can't bring up with her as a girlfriend and it is reflected in Ask Elizabeth."-Jennifer Garner

Actress Elizabeth Berkley is the founder of Ask Elizabeth (Ask-Elizabeth.com), a not-for-profit organization that facilitates self-esteem workshops to empower girls ages 11-18. This is her first book for teen girls.

My book is paperback and has a soft cover, which has a rubbery feel to it. Some of the design on the cover is glossy, some of it is relief. The inside paper quality is good, thick mat pages. I don't know Elizabeth, I bought this title because of a teenag'y appealing design. I bought the book for my English lessons with teenage students, for distracting them during breaks or for their home reading. I know they like such cool stuff. The contents is pretty cheesy for an adult, and it's all about the same "nobody's perfect, stand up for yourself, be yourself, it's going to be okay". I have read some of the chapters, there are some general truths, that we say to each other, no dangerous sort of advice. When I was 12-14, I know, I'd die for such a book :) Recommended to fans of Elizabeth, 12-16 year-old girls (age depends on), teachers of teenagers. Makes a good present.

OMG - I LOVE THIS BOOK! Bought for my daughter last year for X-mas and her friend this year and they love it (they are both 14 yrs. old). I'm telling you - I ALMOST WANTED TO KEEP (may actually buy one for myself at the age of 39! - sad huh?) - There is sooo much useful / helpful information in there that it is one of those "MUST HAVE" - especially for teens. The artwork alone will draw attention to the readers to KEEP them reading. A+++++

helped me so much!

I bought this for a friend's 12 year old girl, for a middle school girl I was afraid it might be a little advanced for her, but the mother told me it was perfect. The information children learn these days and the things they get into, happen at such an earlier age and for a girl to have a place to turn for information she may otherwise be too embarrassed to ask an informed adult or parent, this book is perfect to help them and give them good advice and information before they are placed in the situations! I will be buying this book for almost every middle school/high school aged girls I know!

My 15 year old daughter doesn't like to read but she's reading this book! She was having a "girlfriend issue" the other day and I asked her, "What does the book say?" and she ran right upstairs to get it and flipped to the chapter that talked about her issue. I never would have thought that Elizabeth Berkley could write such a great book, it really is applicable to what girls experience and gives solid advice on how to handle things. I highly recommend this book for tweens/teens and the pages are so attractively illustrated, it makes anyone want to read it. I hope she writes a second one!!!

I think it will be good, I have not given it to my granddaughter yet.

Ms. Berkley did a great job in capturing real life situations and solutions. I ordered this book in preparation to give it to my daughter when she became an age where situations with peer pressure, boys and becoming a young lady were starting to form in her daily life.

This is an outstanding book... It gives young women and women alike the courage to realize that we are all different and that is OK. Elizabeth Berkley is brilliant in this book. It is well written and the book is like nothing I've ever seen. It is pretty for a lack of a better word. Each page is like looking at a scrapbook or a journal. If you have a young woman in your life this book would be for her. It is the perfect girls guide to being ok with who you are. Loved it..

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