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# Girling Up: How To Be Strong, Smart And Spectacular



## Synopsis

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 "Written in conversational style . . . the tone remains understanding, supportive, and respectful of the reader's individuality throughout the text." --VOYA

## Book Information

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> Social Skills

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

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--VOYA

Mayim Bialik is best known as Amy Farrah Fowler on Americaâ s #1 comedy, The Big Bang Theory, a role for which she has received four Emmy nominations and a Criticsâ  Choice Award. She also starred in the early-1990s sitcom Blossom. Mayim earned a BS from UCLA in Neuroscience and Hebrew and Jewish studies, and went on to earn a PhD from UCLA in Neuroscience. She is the author of Beyond the Sling and Mayimâ s Vegan Table. Â Mayim founded GrokNation.com in 2015 as a platform for sharing her writing on everything from religious observance to womenâ s issues to politics to maintaining modesty in Hollywood. She seeks to present herself as a normal, imperfect mom trying to make everything run smoothly in a world that often feels out of her control. Mayim lives in Los Angeles with her strong, smart, spectacular sons. Â You can visit Mayim Bialik at [groknation.com](http://groknation.com) and follow her on Twitter and Instagram @MissMayim. Watch her videos at [youtube.com/mayimbialik](http://youtube.com/mayimbialik).

All children are different, and we live in very different times than when I was growing up. That being said, I would not have given this book to my daughter as a preteen. She would not have been ready for it then. That does not mean that all girls would not be. I strongly suggest that parents read this before handing it over. You know your child best and can gauge when/if they will benefit from this book. My daughter is fifteen, and I had no problem handing it over once I finished. I admit I am a bit of a prude, and there were sections in the book that made me cringe. I see them though as an opportunity for discussion at the appropriate age. This book is worth purchasing even if it has to sit on your shelf for a little while until the time is right. The author did a wonderful job of picking relevant

topics and covering them with reason and genuineness. Her heart is evident on each page, and, though it does read somewhat sciency, I presume the heart of a neuroscientist might be somewhat sciency. The author is a mother, but her voice in the book is more of a mentor, a mentor who wants the very best for the reader. She shares both science and personal experience. I appreciate the intelligence of this book and how it is woven with candor and sincerity. I'm very glad I bought it and read it, and I look forward to discussing it with my daughter when she finishes it.

Beautifully written, incredibly empowering, a must read for every girl, young and old!! I enjoyed it and can't wait to give it to my pre-teen! This book tackles some "big" things every young woman faces and it presents them all with such a sense of building up and strengthening. The intelligence and passion for women of the author is apparent on every page. Highly recommended!

gave to my daughter, we had discussions- more in-depth, my daughter stated it was like talking to a knowledgeable friend, through a book.

I really admire and enjoy Mayim and had high expectations for this book-- having 2 nieces who would benefit from such wisdom as I thought she would be sharing. The book was over-edited and dry. It had none of the vitality the actress shows in her performances and her talk show participation. I was very disappointed and hope she takes another stab at this.

Gave one to my wife of 40 years, and my eldest three granddaughters, ages 5,6, and 13. The little ones groaned out on chapter 2, where I stopped reading, and the eldest laughed at their embarrassment. Way to go Bialik!

I am really enjoying this book! I really needed this book when I was a young girl.

So... this book is informative. However I would definitely not give it to any girl under the age of 16. It is very scientific, with diagrams and everything! I am glad I looked at it before giving to my 12 year olds.

Girling Up is an ideal manual for girls becoming young women--and for their mothers and grandmothers. I wish I had been given the same sensible, gentle instruction when puberty came careening into me oh, so many years ago. If you have a daughter or granddaughter at that

confusing stage of life, give her this book. Read it yourself. Sit down with her and discuss it.

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