



The JGirls Guide: The Young Jewish Woman's Handbook for Coming of Age

Penina Adelman, Ali Feldman, Dr. Shulamit Reinharz

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The Essential Survival Manual for Growing Up Jewish!

What does it mean to become a Jewish woman?

Did you ever think that Judaism had any advice on how to deal with pressure from your friends? Arguing with your parents? Feeling stressed out? Well, this book shows you that Judaism can help you deal with all these things?and a whole lot more.

The JGirl's Guide is a first-of-its-kind book of practical, real-world advice using Judaism as a compass for the journey through adolescence. A fun survival guide for coming of age, it explores the wisdom and experiences of rabbis, athletes, writers, scholars, musicians and great Jewish thinkers, as well as lots of girls just like you?girls who share your worries and concerns, and your joys.

Here's a place to turn to for honest, helpful discussion about the things that really matter to you:

• **Friendship • Eating • Health • Sexuality • Getting involved • Dealing with authority • Coping with stress • Self-esteem • Communication • Jewish Identity**

Now's the time when you are thinking: Who am I? What do I believe in? Who will I become? *The JGirl's Guide* provides Jewish writings, traditions and advice that can help.

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