



## My Little Red Book

*Rachel Kauder Nalebuff*

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MY LITTLE RED BOOK is an anthology of stories about first periods, collected from women of all ages from around the world. The accounts range from light-hearted (the editor got hers while water skiing in a yellow bathing suit) to heart-stopping (a first period discovered just as one girl was about to be strip-searched by the Nazis). The contributors include well-known women writers (Meg Cabot, Erica Jong, Gloria Steinem, Cecily von Ziegesar), alongside today's teens. And while the authors differ in race, faith, or cultural background, their stories share a common bond: they are all accessible, deeply honest, and highly informative. Whatever a girl experiences or expects, she'll find stories that speak to her thoughts and feelings.

Ultimately, MY LITTLE RED BOOK is more than a collection of stories. It is a call for a change in attitude, for a new way of seeing periods. In a time when the taboo around menstruation seems to be one of the few left standing, it makes a difficult subject easier to talk about, and helps girls feel proud instead of embarrassed or ashamed. By revealing what it feels like to undergo this experience first hand, and giving women the chance to explain their feelings in their own words, it aims to provide support, entertainment, and a starting point for discussion for mothers and daughters everywhere. ***It is a book every girl should have. Period.***

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Spent a free time for you to be fun activity to complete! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the publication untitled My Little Red Book can be fine book to read. May be it is usually best activity to you.

#### **Jackie Lafond:**

Your reading 6th sense will not betray anyone, why because this My Little Red Book guide written by well-known writer who really knows well how to make book which might be understand by anyone who have read the book. Written within good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still skepticism My Little Red Book as good book not only by the cover but also from the content. This is one guide that can break don't assess book by its handle, so do you still needing an additional sixth sense to pick that!? Oh come on your studying sixth sense already said so why you have to listening to another sixth sense.

#### **John Mallery:**

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