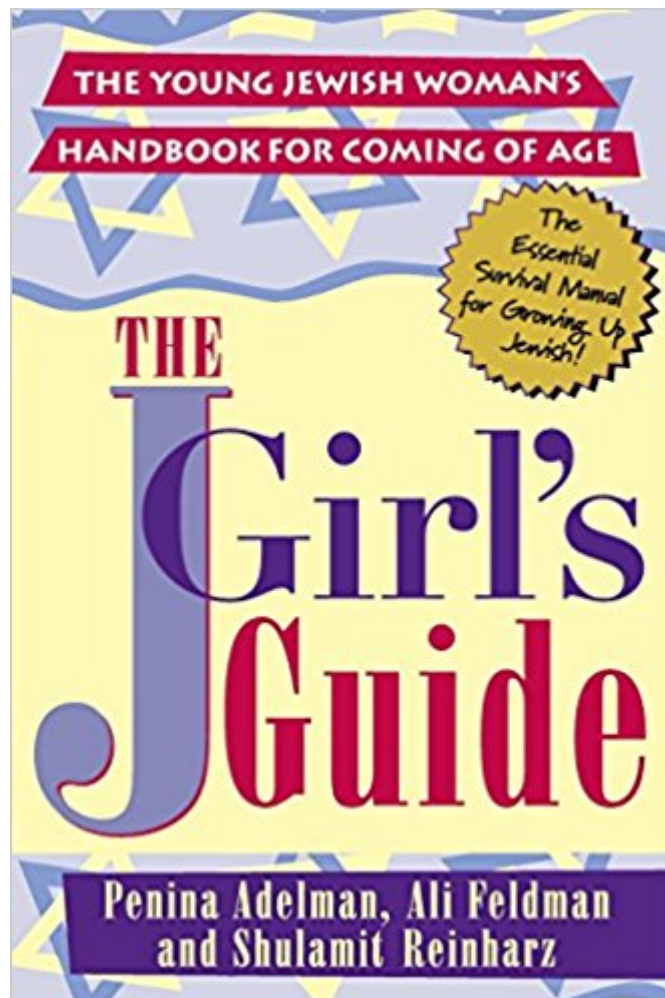




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# The JGirls Guide: The Young Jewish Woman's Handbook For Coming Of Age



## Synopsis

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 is 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 – it'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.

## Book Information

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## Customer Reviews

Kol k'vodah bat melekh p'nimah: The true majesty of a royal daughter is inside her. Psalm 45 provides a strong foundation for a wonderful book that, though written for the tween/teen set, has something to offer Jewish women of any age or denomination. The authors emphasize that "in modern terms, this means that to feel great about yourself – to feel majestic even – you

need to listen to your inner self." Using a combination of Jewish resources, secular psychology and a wealth of input from Jewish girls and women, this guide covers the waterfront – from teenage issues of self-image, gossip, friendship and sex to more singularly Jewish issues such as the Sabbath, religious studies and the tradition of tikkun olam (repairing the world). Each chapter includes a lesson on a particular mitzvah; a variety of activities, from journal questions to suggested plans of action; introductions to famous Jewish women; and observations from everyday Jewish girls. Perfect for a young woman about to embark on preparation for a bas mitzvah, this manual also lends itself to strengthening mother/ daughter relationships, solidifying the bonds between Jewish girls coming of age, and reminding Jewish women of any age of the special people they are, both as individuals and as Jews. (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"The JGirl's Guide is cool. You should check it out." – Anita Diamant, author, *The Red Tent* and *The New Jewish Baby Book: Names, Ceremonies & Customs A Guide for Today's Families* "Fills a void in the Jewish world and it does so with creativity and joy. We will be using it with our mother/daughter group at The Temple in Atlanta; it's what we've needed for a long time." – Rabbi Jeffrey K. Salkin and Nina Salkin, authors, *The Bar/Bat Mitzvah Memory Book: An Album for Treasuring the Spiritual Celebration* "An invaluable tool for anyone working with Jewish girls. It incorporates important Jewish history and values into the issues Jewish girls face today. I recommend it highly." – Rosalind Wiseman, author, *Queen Bees and Wannabes* and cofounder of the Empower Program "The arrival of *The JGirl's Guide* couldn't be more timely.... It captures the essence of a unique coming of age and skillfully provides tools to help young girls grow up with a confident sense of self and proud to be Jewish." – Donnie Kanter Winokur, founding executive director, The Body and Soul National Institute "Unlocks the inner beauty and wisdom of Jewish tradition. Chock full of Jewish values, it will be a trusted friend and wise teacher to a whole new generation of sisters and daughters, our people's next leaders." – Yosef I. Abramowitz, publisher, *JVibe.com* and *Shema*; cofounder, *Babaganewz.com*; and winner of the Covenant Award for Excellence in Jewish Education "A tour de force! For Jgirls of all ages | the perfect gift, for it candidly and clearly offers profound wisdom to help Jewish girls grow into healthy, Judaically knowledgeable, involved and caring human beings. I can't wait for my own daughter to read it." – Rabbi Joshua Elkin, executive director, The Partnership for Excellence in Jewish Education

as does my Judaic studies Girl's Group. It speaks to today's teens unlike many of the stodgy outdated Judaic books that are at many congregation's libraries.

I purchased this book for my great niece who is 10 years old. She has just begun preparing for her Bat Mitzvah and this book is a great guide for her journey as a knowledgeable Jewish girl. It provides topics for discussion at the end of the chapters and is a really good book for a mother and daughter to read together. It gives her mom the opportunity to explain things and answer questions during this learning process. I highly recommend this book for pre teen Jewish girls.

I ordered this for my tween daughter and was SHOCKED at the content!! I think it should be for ages 18 & UP!!

The subtitle tells it all. This volume addresses teenage girls directly on topics such as Jewish identity, friendship, honoring parents, body image issues, sexuality, health, gossip, social responsibility and more. Three authors make for a somewhat disjointed reading experience. A very long introduction greets readers and tells them (repeatedly) what to expect. The format of each chapter, with its many sections, quotes, questions and exercises, wrings every last drop out of every topic. The style of the book is a breathlessly excited, energetic charge up a mountain of information. The Jewish aspect of each topic under discussion is explained through historical and modern viewpoints, with plenty of back up from original texts. A consciously neutral point of view embraces all streams of Judaism and levels of observance. This book would be an excellent resource for youth group leaders to use in leading discussions or workshops on teen issues. It may also serve as a guide for parents struggling to talk with their kids about sensitive topics. Self-aware young women may enjoy the navel-gazing quality of the book, while others will find it tiresome. Some kids may be turned off by the attempt of the adult authors to sound "cool" by inventing the term "JGirl."

Recommended for ages 12 - 18 where Jewish teens are heavily served. Reviewed by Heidi Estrin

A wonderful resource for all Jewish teenage girls! Covers all the topics a parent would like to discuss with their teenage daughter through an engaging, down to earth, and confidence building manner. This book should be read by parents alike to help us identify with present day teenage issues. The innovative format of presenting each topic and Mitzvah through the Jewish viewpoint, citing sources and using teenage girls' personal anecdotes followed by specific activities is sure to provide lots of

information, support and even resources for additional reading. This book, a must for Hebrew Schools and Day Schools, youth organizations, camps, etc., provides so much "food for thought" for discussions groups and guided questions and activities outlined in the book. Where was this book when my older daughter was a teenager?

The JGirls Guide is a well written and insightful journey through issues confronting teenage girls today. Written in an informative but nonjudgemental way, this book provides a connection, a sense of belonging by forming a bond of a Jewish identity and purpose for all Jewish girls regardless of their affiliation and background. This book empowers Jewish teenage girls by providing practical tools and coping skills for making good choices in their lives as Jews. The practical guidelines, thought provoking questions for discussions, and specific ideas to help carry out each Mitzvah, are unbelievably constructive methods for channelling positive energy throughout the teenage years.

The JGirl's Guide is an invaluable book for young girls. If you would like your friend, daughter, student, cousin.... to get much more out of their bat-mitzvah, and so much more out of being a Jewish teenager - struggling with identity, as well as common teen issues such as food and peer pressure. What a wonderful idea to finally come out with something fun and interesting in an era where we sometimes need to be reminded that even though life can be a party, we must not forget how meaningful it is- and when we are reminded and taught, then it because that much more fun!

I recently purchased this book as a bat mitzvah gift for a young friend, and couldn't help reading through several chapters myself. I was very impressed with the breadth of topical advice, which is presented in a very lively and engaging manner. The authors did such a skillfull job demonstrating the relevancy and beauty of Jewish traditions and history that, raised as a Christian, I found myself becoming a tad envious of the heritage! I definitely recommend this book as a worthwhile read.

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