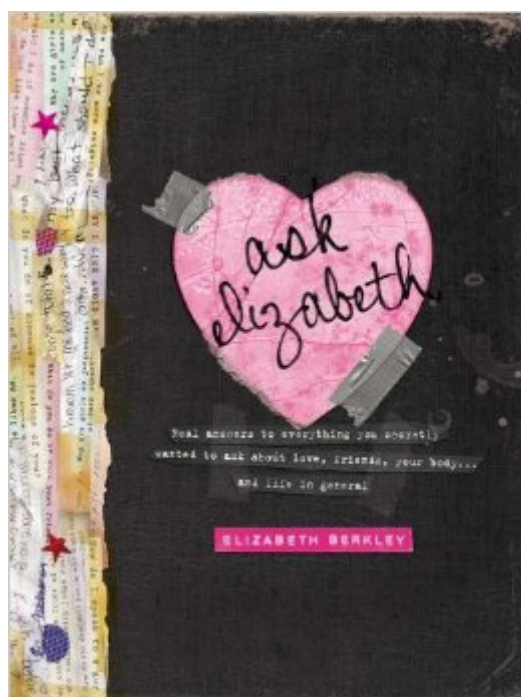


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# Ask Elizabeth: Real Answers To Everything You Secretly Wanted To Ask About Love, Friends, Your Body... And Life In General



## 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

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Best Sellers Rank: #713,266 in Books (See Top 100 in Books) #49 in [Books > Teens > Personal Health > Body, Mind & Spirit](#) #983 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Social Skills](#) #1040 in [Books > Teens > Social Issues](#)

Age Range: 12 - 17 years

Grade Level: 7 and up

## Customer Reviews

I bought a copy of Ask Elizabeth to bring to school with me (I teach High School English) in case a student wanted to read it during their independent reading time, or borrow it over a weekend, etc. (I always liked Elizabeth Berkley-- grew up watching Saved by the Bell--- so this was a no-brainer purchase for me.) Well, as soon as one girl got her hands on the book, several others asked if I had more copies. What? Why? It turns out, the issues in the book are issues that the girls WANT to talk

about but really are too self-aware to bring up to anyone--- even parents! To solve the problem for the time being, the girls are using the book in a book club on Fridays-- reading a selection together and using it to spark an honest conversation (which is the goal of book clubs anyhow!) Obviously, I will now have to order at least a couple more copies of the book. One more note: I don't know how they (the publishers) did this, but the book is GORGEOUS, full of bright colors and pictures / illustrations EVERYWHERE--- and yet the price (both cover price AND price) is so so affordable. So if your teen is reluctant to read typical books--- this may be the answer--- it LOOKS appealing and IS appealing! I can't recommend this book enough. If you are a parent, grandparent, teacher, uncle, aunt, ... friend even, get the book for a teenager in your life. They will THANK YOU FOR IT, believe me, it is terrific. Enjoy!

My 16 year old daughter said this was the best book she has ever read. She got the book last week and would not put it down. Elizabeth Berkley has an amazing way of reaching out to teens. Bravo!

1) To my surprise I even learned something from the book that I put in practice! I sat her mother down (we were at sever odds) and talked to her the way the book suggested, and it has blessed the relationship in so many ways! It's turned our entire interactions around for the better, and made making arrangements and time with my daughter PLEASURABLE and a TEAM EFFORT! 2) The first time my daughter told me she used the book to help her with mean kids at school... and that she keeps a poem from the book in her cell phone to use as inspiration... AND asked me if we could buy another copy for her best friend... to find out the book has also blessed her life in such a short time... I knew buying the book was worth 10 times more than I paid for it! PROUD FATHER! HAPPY CUSTOMER!

My goddaughter is 13 and recently had surgery for Scoliosis. Thankfully, the surgery was able to correct it but being a teenage girl, she is going through puberty and is feeling all the emotions associated with it on top of being "a freak" as she would put it. I bought this book after seeing Elizabeth on Chelsea Lately and this book was just what the doctor ordered. She absolutely loved the book because it asked all the questions she had been asking with answers for her. Her mother was so thrilled that I bought the book because it opened up dialogue between the two of them that happened been discussed before. I recommend this book for every teenage girl out there!!!

My book is paperback and has a soft cover, which has 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.

She said it was filled with useful thoughts on how to handle friends, family as well as school. It took her just 2 days to read it all and now has read it all over again. She then passed it on to her best friend. I have seen changes in the way she deals with family already-Highly recommend

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!

I made sure to read this first before giving it to my niece. Elizabeth Berkley understands exactly all the dilemmas facing young girls today. Also some of the advice she gives, is good for adults as well.

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