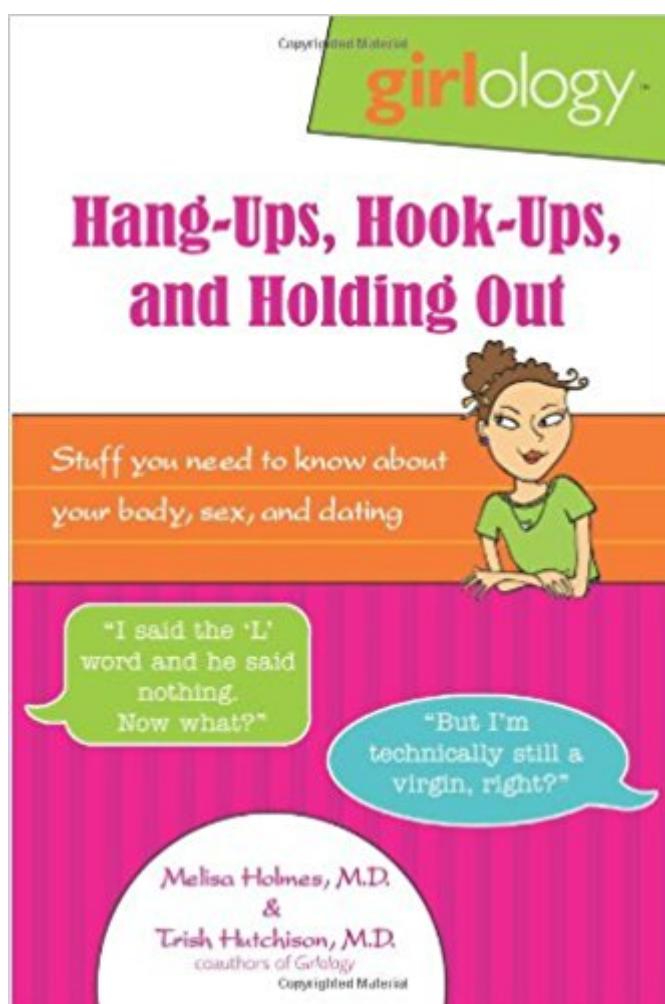


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Girlology Hang-Ups, Hook-Ups, And Holding Out: Stuff You Need To Know About Your Body, Sex, & Dating



Synopsis

Updated since this original printing, this version of "Girlology" "Hang-Ups, Hook-Ups, and Holding Out: Stuff You Need to Know About Your Body, Sex, & Dating" is out of date. Please don't settle for outdated versions. Send us your email address to info@girlology.com so we can notify you when the latest update is available. Girlology. It has exploded beyond just a word. Girlology is a culture that preteen and teen girls know and love and turn to for honest true-life advice on everything that matters most--friends, guys, body changes, dating, and sex. In Hang-Ups, Hook-Ups, and Holding Out, girls will follow the true stories of four girls and their choices-- good and bad. And they'll get answers to the questions teen girls are asking every day on the popular website girlology.com and in private sessions with Drs. Holmes and Hutchison, the co-creators of Girlology--questions like: * What's up with this acne? Will it ever end? * Is it ok to shave my hair down there? * If I keep looking at other girls in the locker room, does that mean I'm gay? * Am I the only girl who isn't having sex? * Is oral sex really sex? * If I've only had oral sex, then I'm still a virgin, right? * There's a guy at school who says he wants to hook up with me. What does he mean by "hook up"? Life can get complicated for girls today. With Hang-Ups, Hook-Ups, and Holding Out, it just got a lot easier.

Book Information

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Customer Reviews

'What a tremendous resource for girls and anyone who cares about them. Doctors Holmes and

Hutchison convey solid information about girls' sexuality and other crucial topics in a way that kids will relate to. I hope every girl--and every parent of a girl--reads this.' -- David Walsh, Ph.D., author of *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen* (David Walsh Ph.D.)

Dr. Melisa Holmes (Greenville, SC) is a magna cum laude graduate of the University of Georgia and a graduate of the Medical College of Georgia as well as the mother of three kids, children to preteen daughters. As a faculty member at the Medical University of South Carolina, she was named among the Best Doctors in America. During her twelve years of clinical practice, she was director of the MUSC Teen Clinic and founder and director of the Sexual Assault Follow-up Evaluation (SAFE) clinic. As a nationally recognized advocate for adolescent health, she has served on the American College of Obstetrics and Gynecology Committee on Adolescent Health Care, and the National Campaign to Prevent Teen Pregnancy. Holmes is a nationally recognized speaker on topics of adolescent gynecology, teen sexuality, interpersonal violence, and other issues in women's health. Dr. Trish Hutchison (Greenville, SC) graduated cum laude from the College of Charleston and earned her MD at the Medical University of South Carolina (MUSC). After completing her pediatrics internship and residency at Vanderbilt University in Nashville, Tennessee, Dr. Hutchison returned to Charleston, where she was in private practice with Charleston Pediatrics for ten years. She currently practices in the Adolescent Medicine Department at MUSC where she directs Girls2Women, a health center devoted to preteen and teen girls. She, too, has been named among the Best Doctors in America.

I had read that this book would be good for my PRE teen daughter. I found it NOT appropriate for *PRE* TEENS (IN MY OPINION) Whether or not you will want your child to read this book really depends on your personal and religious beliefs. I bought it for my pre teen daughter, expecting to find facts about dating, menstruation and sex in their simplest forms. I was rather disturbed to see chapters on drunkenness, rape, oral sex, whether to spit or swallow semen and why guys watch porn. I may be old fashioned, but I believe a pre teen is far too young to be exposed to such topics. IF I do allow my daughter to read it, I will hold off until she is older and able to understand the otherwise inappropriate topics. This book is really best suited for older teens to prepare them for dating and all that comes with it.

This is a great book for teenage girls. This book helps when you are too embarrassed to talk to your

child, or she is too embarrassed to ask you questions. My daughter can come to me about anything , but this book helped fill in the gaps with other questions she had. It can also be an opener to allow her the confidence to come to you and start an important conversation. I would recommend this book to all preteens, teens in middle school.

this is a great resource for teen girls, it answers so many questions that may be too intimidating for girls to ask their parents. I like the fact it is written by doctors, but is very much an approachable level for the younger audience. It includes many aspects about sexuality, so 9th grade seems an appropriate age (give or take a year). I have read their other two books in the series and they are excellent resources as well, but for a younger age group. Glad I purchased.

A must have for parents who have tweens and teens at home. I read it before I gave it to my 11 years old daughter and I believe it is very informative. I actually learned some things from the book and I'm sure my little girl will learn tons.

it was a fun book to read. i will tell my friend's about it. I read the one before this one. i look forward to more in the series.

To describe my life growing up as "sheltered" on a small farm in the Northeast would be an understatement. So when those "awkward" teen years hit, I was more clueless than Alicia Silverstone, especially when it came to boys.Sure, I knew "the basics" - how things worked anatomically -- but no one ever had a talk with me about what to expect from teenage boys or dealing with birth control or the natural mental developmental delays of teenage boys!Needless to say, I had a very rude awakening.If only something like *Girlology* had been around back in the '70s. The closest thing my mom could find, bless her 1950's-style heart, was that Pat Boone classic, "Twixt 12 and 20." ('Twixt' is such a quaint little word, isn't it?)Unfortunately, sometime between the time it was published in the '50s and the time I got around to skimming it - please, do you really think that any respectable '70s teen was going to read anything by Pat Boone? - boys were probably, how you say, more horny? You know - free love and peace signs and feminism and all that.So the advice contained in *Girlology: Hang-Ups, Hook-Ups and Hanging Out* would have come in handy.It contains a lot of honest advice and answers to questions that you know teen girls have because, well, I remember having them as a teen girl.Especially the stuff that became really important once I was in college (I was a late bloomer) about going to the gynecologist, birth control,

and, of course, S-E-X. The book is presented with each chapter describing a hypothetical scenario of teen girl life, such as boyfriends pressuring to have sex and body image issues that are then followed by Q&A's taken from the authors' interactions with actual teenage girls. Even though the authors are both doctors, it's not written in a clinical way - the answers are written very much in teen girl lingo and are extremely accessible. I hope I have the nerve to give something like this to my daughter in a few years. Perhaps it will have more impact than the walking-along-the-beach-talking-about-douche-and-other-girlthings talk they used to show on the TV commercials. Knowing my girl, if I tried to have that talk there'd be plenty of eye rolling, exasperated sighing and the "Oh, MO-om," retort. As a mother of a girl, reading *Girlology* was a stark reminder about how things are as exponentially different between my girlhood and that of girls today in the same way they were massively different for my mother and my grandmother. I don't like the fact that in a few short years PunditGirl's need-to-know status on issues concerning boys and her developing body will be on high alert. But at least I've gotten a bit of a head start with *Girlology*.

Dr's Melissa Holmes and Trish Hutchinson have compiled a much needed guide to help teen girls manage the trying rights of passage in these challenging times. The book is easy to read and full of valuable information that is communicated in a straight-forward style without being judgemental. Very few physicians can balance a true sense of caring and technical expertise in the same book. As a practicing psychologist, I see just how misinformed teenage girls can be and how reluctant they often are to ask the essential questions they need accurate answers to. I highly recommend it.

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