



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

Penina Adelman

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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.

Penina Adelman is the author of *Miriam's Well: Rituals for Jewish Women Around the Year* and *The Bible from Alef to Tav* which was a finalist for the National Jewish Book Award. Her most recent book is *Praise Her Works: Conversations with Biblical Women*. She is a social worker specializing in group work and she leads pre-bat mitzvah and mother/daughter groups. She is the mother of an adolescent girl.

Ali Feldman received a master's degree from the Avi Chai Educator's Program at Pardes and Hebrew University of Jerusalem, and holds a BEd from McGill University. She currently lives in Miami Beach teaching character improvement classes for middle school students. Ali also gives workshops throughout the country on enhancing the bat mitzvah experience and journeying through adolescence with Judaism as your guide.

Shulamit Reinharz is the Potofsky Professor of Sociology at Brandeis University, where she serves as founding director of both the Hadassah-Brandeis Institute and the Women's Studies Research Center. Her most recent book (with Mark Raider) is *American Jewish Women and the Zionist Enterprise*.

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