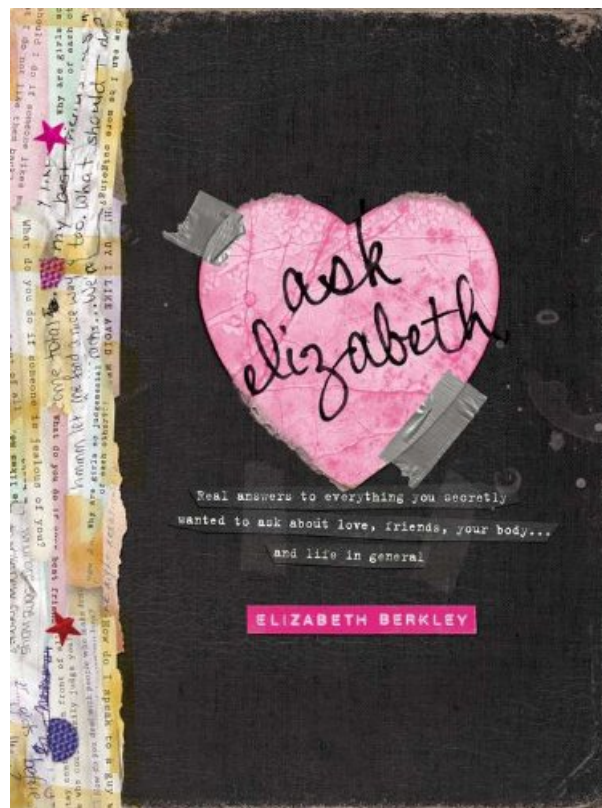
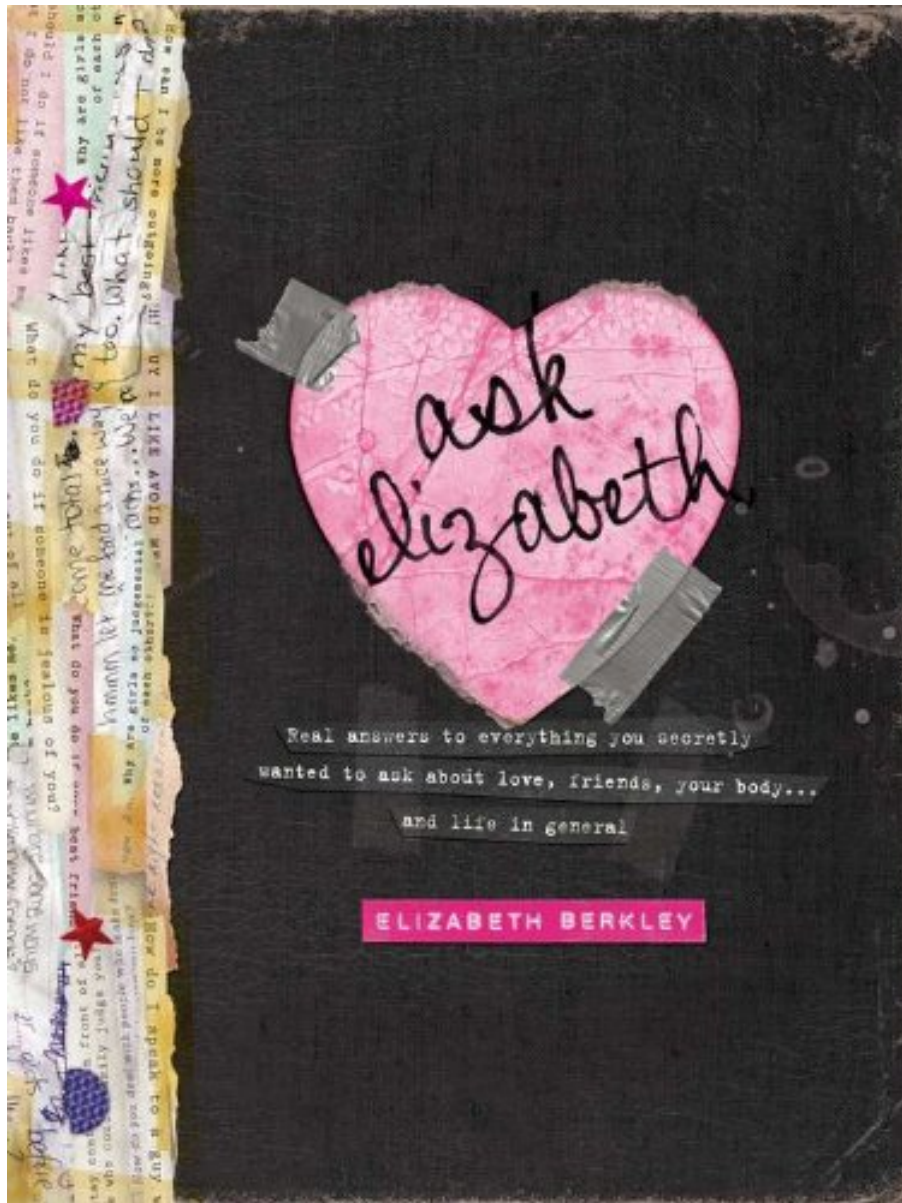


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## Review

"Ask Elizabeth is a great way for girls to get candid advice to help reach their greatest potential. It is so wonderful that she has created a safe and supportive place for girls to go and gain that strength!" -Blake Lively

"It is a true gift to have a destination like Ask Elizabeth that lovingly helps women learn what is authentic to them so that they can build a better world with the strength and confidence they find within themselves." -Cameron Diaz

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Actress Elizabeth Berkley is the founder of Ask Elizabeth ([Ask-Elizabeth.com](http://Ask-Elizabeth.com)), a not-for-profit organization that facilitates self-esteem workshops to empower girls ages 11-18. This is her first book for teen girls.

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# **ASK ELIZABETH: REAL ANSWERS TO EVERYTHING YOU SECRETLY WANTED TO ASK ABOUT LOVE, FRIENDS, YOUR BOY... AND LIFE IN GENERAL BY ELIZABETH BERKLEY PDF**

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.

- Sales Rank: #618923 in Books
- Brand: Putnam Juvenile
- Published on: 2011-03-22
- Released on: 2011-03-22
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .75" w x 7.50" l, 1.40 pounds
- Binding: Paperback
- 240 pages

## Review

"Ask Elizabeth is a great way for girls to get candid advice to help reach their greatest potential. It is so wonderful that she has created a safe and supportive place for girls to go and gain that strength!" -Blake Lively

"It is a true gift to have a destination like Ask Elizabeth that lovingly helps women learn what is authentic to them so that they can build a better world with the strength and confidence they find within themselves." -Cameron Diaz

"When you feel there's no one who will listen, no one who will understand, no one to turn to, you can rest assured . . . Elizabeth will always be there for you." -Janet Jackson

"Ask Elizabeth is a wonderful resource for girls to ask any question their heart desires. The site offers unique support and encouragement that is vital for young women in today's world."-Hayden Panettiere

"I wish I had had a place like Ask Elizabeth where I could have known that my own inner challenges were similar to other girls . . . These girls who do Ask Elizabeth are ahead of the game, armed with insight and support."-Fergie

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#### About the Author

Actress Elizabeth Berkley is the founder of Ask Elizabeth (Ask-Elizabeth.com), a not-for-profit organization that facilitates self-esteem workshops to empower girls ages 11-18. This is her first book for teen girls.

#### Most helpful customer reviews

32 of 34 people found the following review helpful.

Teens love Ask Elizabeth!! (Ask my teens!!!)

By MediaFan

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 amazon 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!

15 of 18 people found the following review helpful.

Ask Elizabeth: Real answers to everything you secretly wanted to ask about love, friends, your body... and life in general

By April

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!

2 of 2 people found the following review helpful.

I'm a father, and I made sure to read it before giving it to my 13 year old:

By Jacob Gilliam

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!**

See all 36 customer reviews...

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