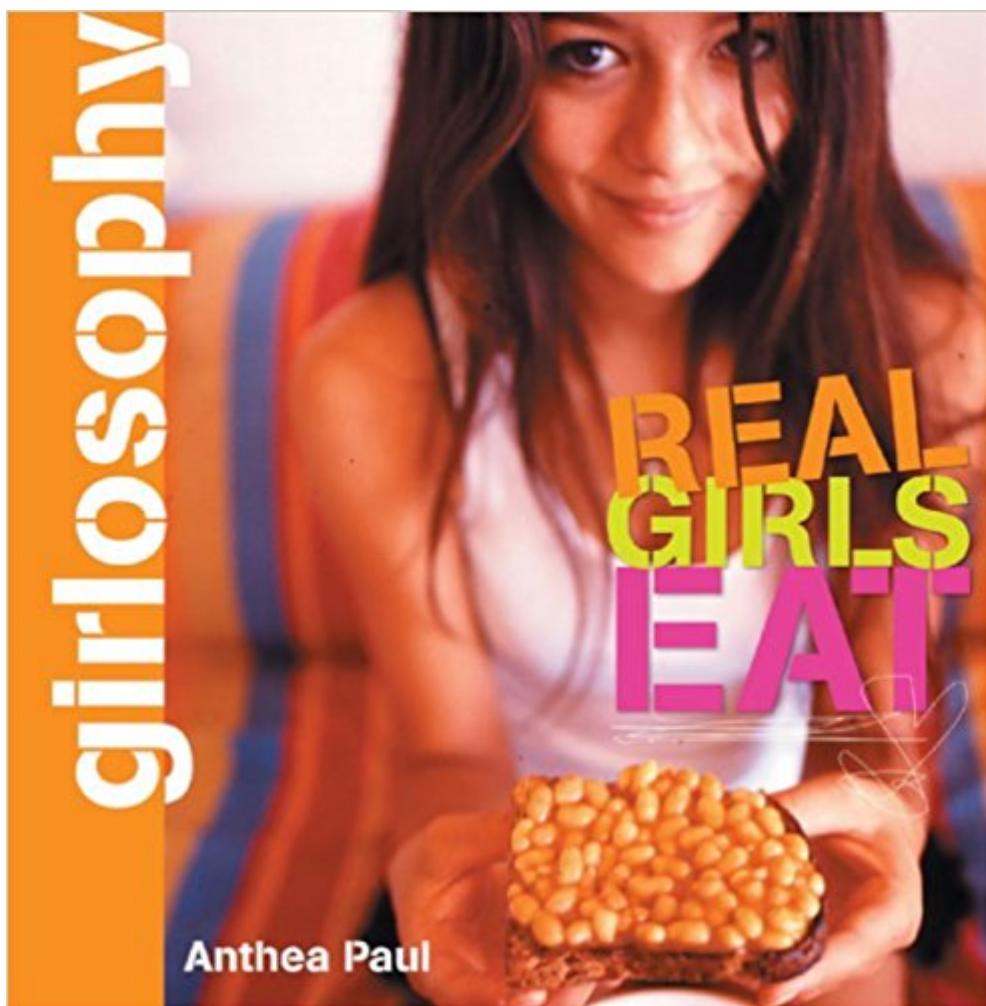


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# Girlosophy: Real Girls Eat (Girlosophy Series)



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## **Synopsis**

Taking a holistic approach to loving, accepting, and nurturing oneself, this vibrantly illustrated cookbook offers healthy tips for both the mind and body. Rather than pushing teens to diet, this empowering volume celebrates food and encourages girls to stop obsessing about what they should and should not eat and encourages them to indulge in what is best for them nutritionally. Lushly designed, the book also contains numerous simple, healthy, and delicious recipes from the author's sister, a California-based celebrity chef, as well as favorite meals from real girls from around the world.

## **Book Information**

Series: Girlosophy series

Paperback: 200 pages

Publisher: Allen & Unwin (April 1, 2006)

Language: English

ISBN-10: 1741141427

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Product Dimensions: 9 x 0.6 x 9 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,665,787 in Books (See Top 100 in Books) #74 in Books > Teens > Personal Health > Diet & Nutrition #85 in Books > Teens > Hobbies & Games > Cooking

## **Customer Reviews**

Grade 8 Up "A gorgeously styled cookbook/healthy eating primer for Girlo devotees. Paul has created a gloriously photographed and superbly art-directed text extolling the virtues of taking time to prepare food that provides one's body with needed nutrition and celebrating the spiritual connection between body and soul. Faithful to the series, the author invites readers into the kitchens and cupboards of young women who understand and appreciate that junk in will translate to junk out. However, as a cookbook that one might actually cook from, the normally aesthetically pleasing style of the series is a disadvantage. The micro font on white pages, often in shades of yellow, orange, or green, is extremely difficult to read even for those with 20/20 vision. Though much of the text is colored in a more readable hue, the freestyle narrative that doesn't follow typical punctuation rules is another challenge for home cooks. While fans of the series will appreciate the content, they will need to transcribe recipes. But for those who simply want to soak in the Girlo style and mood,

this is a serviceable addition.â "Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"I think it's great to have book that gives us a spiritual guide to our souls." &#151;Britney Spears on Girlosophy: A Soul Survival Kit"Stuff Drew Barrymore or Julia Stiles would tell you if she were your older sister." &#151;Tiger Beat on Girlosophy: A Soul Survival Kit"Fantastic book! Great information for everyone." &#151;Tina Turner on Girlosophy: A Soul Survival Kit"Serves up funky recipes and healthy advice for young women."Â &#151;The Patriot-NewsÂ "As the reader gets deeper into the book, he or she will find a sense of warmth and comfort." Â &#151;Kansas City Star"For anyone whoâ ™s ready to open their eyes to the real meaning of the food they eat."Â &#151;YA Books Central

Good meal suggestions and good teachers who make them, this is by far my favorite Girlosophy in the series. It's not just about food and eating, it's about providing your soul with nourishment -a strong theme that's behind Anthea Paul's writing.

I love this book...although I have only made like 4 of the 50 recipes...lol.. I gave this book 4 stars because Anthea Paul should have added easier recipes..They all look soo yummy but some take soo long..and half the ingredients I didn't have ugh!

LOVE this book, its an amazing resource for teenage girls who are not keen on eating good healthy foods, it really gets them involved.

My 12 year old daughter has checked this book out of the library, renewed it and checked it out again and again. The first time she brought it home, she was so excited about cooking dinner for the family, without having cooked much before. She asked me a few questions, but for the most part, she did it all by herself, and it was delicious. As the author of books on Healthy Eating and Food Additives, I was very pleased to see that the recipes are generally healthy and recommend using organic and other healthy ingredients. Although it is not laid out like a typical recipe book and it can be difficult, for my mature eyes, to read the white and colored print (this is the only reason I gave it 4 stars instead of 5), my daughter seems to have no problem with it. She loves the book. She's got a birthday coming up this month and she doesn't know it yet, but she won't have to be checking it out of the library any more. I think this is an outstanding book to get young girls interested in cooking

healthy food. And unlike other recipe books on the market targeted to young girls, that claim to have healthy recipes, this one really does!

I recently stumbled upon the Girlosophy series and have loved every edition. This addition is wonderful. It offers healthy and interesting recipes, with a cultural and connecting component to the contributors. I have used it as a tool in running girls groups at my place of employment. I recommend this book to others who are into healthy living and are a teacher, mother, counselor, sister or friend of any woman.

I just love this book, as well as all the other Girlosophy books I've had the chance to read. In the usual fashion, lots of gorgeous photos and inspirational content is included. The smoothie/juice recipes are delicious, but everything else is a bit too complicated for my unskilled self. I'd be all about the recipes otherwise!

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