

Girl In Need Of A Tourniquet

Offering the same brand of practical, no-holds-barred, expert advice that made *Nice Girls Don't Get the Corner Office* an international million-copy bestseller, *Nice Girls Just Don't Get It* teaches us the skills we need to turn from a nice girl into a winning woman, not just in our careers but in our relationships, families, and everyday lives. Have you ever felt invisible? Taken advantage of? Reluctant (or unable) to articulate what you really want? If so, join the club. The nice girls club. Nice girls—that's right, girls—are those more concerned with pleasing others than with addressing their own needs and haven't yet learned how to overcome the childhood messages cultural stereotypes keeping them from getting their voices heard, their needs met, and the lives they want. This book will turn those nice girls into winning women. That is, women who factor their own needs in with those of others, confront those who treat them disrespectfully, maintain healthy and mutually beneficial relationships with appropriate boundaries—and as a result, are happier and more successful in every area of their life. In 2004, Lois Frankel blew the lid off so many of our long-held ideas about gender and success with her bestselling *Nice Girls Don't Get the Corner Office*, which went on to become such a huge phenomenon, the term "nice girls" has secured a place in our cultural lexicon. Here, Frankel teams up with negotiation expert Carol Frohlinger to bring this bestselling advice out of the workplace and provide a broader set of skills that any woman—whether a CEO or stay-at-home mom—can use to win anywhere, with anyone. Presented in the straightforward, digestible format that helped make *Nice Girl's Don't Get the Corner Office* an instant hit, Frankel and Frohlinger outline seven practical strategies and 99 supporting tactics that every winning woman should know. By the time you've finished reading this book, you'll be able to:

- Get your husband to do his half of the household chores—without being made to feel like a nag.
- Stop overextending yourself by taking on all the unpleasant tasks no one on your volunteer board, or your team at work will go near.
- Win an argument with your mother in law about who will be hosting Christmas dinner.
- Have the courage to send back a meal that isn't prepared the way you'd ordered it.
- Confront a colleague who is shirking responsibility or taking credit for your work.
- Convince a sales person to reduce a fee, waive a surcharge, or honor a store credit.
- Question a doctor's course or treatment or request a second opinion, instead of simply going along in order to be a "good" patient.
- Firmly but politely bow out of an extravagant vacation to celebrate a friend's birthday that you simply can't afford—without feeling guilty about it. And so much more.

A must-read for anyone who's ever felt taken advantage of by a friend or family member, unappreciated by a spouse or partner, or exploited by a vindictive neighbor or co-worker, *Nice Girls Just Don't Get It* offers women the indispensable knowledge and skills to get the things they want, the respect they've earned, and the success they deserve. From the Hardcover edition.

In answer to the crisis in girls' mental health, the UK's best selling parenting author, Steve Biddulph brings an interactive learning guide rich in content and interactive elements to help parents be prepared and self-aware in providing for their daughters. In his ground-breaking new book, Steve Biddulph, million copy best-selling author of *Raising Girls*, psychologist and parent educator offers an interactive experience for parents to explore the relationship with their girls from the cradle to the teenager. It is a guided journey of exercises, conversations, reflections and self-rating questionnaires that builds the inner capacities in a parent, targeted at each stage of their daughters growing up. Every aspect - love and security in babyhood, mindfulness, setting boundaries, emotional well-being and emotional literacy, education and learning in primary and secondary school, friendship, puberty and adolescence, sexuality and sexualization, choosing partners and negotiating equality and respect.; in fact everything a father or mother needs to think about to be prepared and self-aware in providing for their growing girl. Complemented by real -life case studies and full colour photographs throughout.

Designed for young girls ages 11-14, this book profiles 10 pioneering women working in cybersecurity and national safety.

Girl in Need of a Tourniquet Memoir of a Borderline Personality (Large Print 16pt) ReadHowYouWant.com

Memoirs of a Jew born in Michalovce in 1930. Describes anti-Jewish measures in Slovakia from 1941 and the deportations in 1942. Aliza attempted to escape to Hungary with her sister, but failed. The Ressler family then went into hiding, but was discovered; they were saved from deportation by Aliza's faked appendicitis attack and her father's bribing a doctor to perform an operation so that they could remain in the town. In 1943 Aliza and her two sisters fled to Hungary; in April 1944 they returned to Slovakia, and in September they fled with their parents to the forest. The family was hidden on the farm of Vincent and Anna Tokoly, who also hid other Jews, and then on another farm; however, the second farmer betrayed them. They were arrested and imprisoned, but escaped and returned to the Tokoly farm, where they remained until the liberation. The family emigrated to Eretz-Israel in 1947.

This is a Wonderful Notebook that Gift for Birthday, Thanksgiving and other Special Occasions. Awesome Notebook for girls, women, kids, mom, children, grandmother and anyone you loves. ? Features: ? 100 blank lined pages. ? Notebook with Soft-cover, 6x9 Inches. ? Cute, fun Cover Design. ? Perfect gift below \$10. ? Perfect as a gift idea for your family or friends! ? Flexible use as journal or diary.

The Big Book of Girl Stuff shares everything a girl needs to know—from sleepovers to diaries to makeup to boys to shopping, and everything in between! It's the ultimate guide to unlocking the delightful mysteries of being a girl. Dozens of girls, young women, teachers, and mothers collaborated on this book to make it the most comprehensive guide to being a girl that has ever existed! Perfect for pre-teen, 'tween, and teenage girls, The Big Book of Girl Stuff shares inspiration, empowerment, and some seriously silly laughs just when girls need it the most! It's filled with information, activities, quotes, and games, as well as lists for favorite books, movies, and music. Dozens of girls, young women,

teachers, and mothers collaborated on this book to make it the most comprehensive guide to being a girl that has ever existed! Perfect for pre-teen, 'tween, and teenage girls, The Big book of Girl Stuff shares inspiration, empowerment, and some seriously silly laughs just when girls need it the most! It's filled with information, activities, quotes, and games, as well as lists for favorite books, movies, and music. Smart asides, fascinating facts, an enlightened outlook, and a uniquely feminine perspective make this a must have for every girl. Though it's written for girls from 9 to 14, it will certainly delight moms, aunts, and big sisters everywhere! Find answers to a girl's most important questions: Why are horses so cool? How do I stop a boy from crying? How do I fake a cell phone conversation? How can I make the world a better place? Which country considers pierced ears bad luck? When is International Sea Monkey Day?

Sheila did not have what many would consider an easy childhood, but through the love and care of her darling Granny Brooks, she learned perseverance and to have faith at a young age. In *The Girl in the Mirror*, Sheila invites you into her life journey from childhood to adulthood. She shares her experiences—good, bad, and somewhere in between—and how she thought of those occasions at the time, as a child, teenager, and adult. She also shares how she was able to change her perceptions of the bad experiences to help her to be a better person. Through it all, she remains adamant about not allowing unpleasant experiences to prevent her from being whole, healthy, and successful. Ultimately designed to prompt readers to look deeper into their own lives and experiences and look at them in a positive light, *The Girl in the Mirror* was created to inform, educate, and inspire all to become more conscious and to take a deeper look into their lives and the world they live in. Through Sheila's journeys, readers can draw insight and inspiration on how to take control of their lives and be the great people they were created to be. No matter what your challenges, the greatest victory is to rise above and claim your most satisfying life!

The author of *The Wonder of Boys* introduces a new approach to parenting girls that recognizes and celebrates girls' natural differences from boys; explores the effects of female biology on girls' interests, behavior, and relationships; traces girls' development from birth to age twenty; and offers advice on a wide range of parenting issues.

Three sassy and single women--Zoey, a best-selling novelist; Jade, a real estate agent; and Marielle, an actress--who have been best friends for years, wreak havoc on Manhattan as they search for the perfect shoes and the perfect man.

An honest and compelling memoir, *Girl in Need of a Tourniquet* is Merri Lisa Johnson's account of her borderline personality disorder and how it has affected her life and relationships. Johnson describes the feeling of "bleeding out" - unable to tell where she stopped and where her partner began. A self-confessed "psycho girlfriend," she was influenced by many emotional factors from her past. She recalls her path through a dysfunctional, destructive relationship, while recounting the experiences that brought her to her breaking point. In recognizing her struggle with borderline personality disorder, Johnson is ultimately able to seek help, embarking on a soul-searching healing process. It's a path that is painful, difficult, and at times heart-wrenching, but ultimately makes her more able to love and coexist in healthy relationships.

All the young girls have to understand that as they grow older their body starts preparing itself to accept future baby in their womb. This book intends to guide every young girl with the right knowledge in easy to understand language and help them to stay away from all the myths prevalent in our society related to girls' health and physiology. For example, Menstrual cycle happens to every young girl once a month for four to five days and it can be very scary. But the young girls do not have to be scared about it anymore as it is a very normal process and this book will guide you in the simplest way. This book imparts knowledge on the following topics: The function of ovaries from making the eggs to ovulation, implantation, and fertilization Formation of embryo and growth of a baby in a mother's tummy What is the best time for girls to have babies Having babies at a young age is medically very risky for both the girl and the baby Genetic information in the baby from mom and dad

This text sets out to challenge the traditional power basis of the policy decision makers in education. It contests that others who have an equal right to be consulted and have their opinions known have been silenced, declared irrelevant, postponed and otherwise ignored. Policies have thus been formed and implemented without even a cursory feminist critical glance. The chapters in this text illustrate how to incorporate critical and feminist lenses and thus create policies to meet the lived realities, the needs, aspirations and values of women and girls. A particular focus is the primary and secondary sectors of education.

The must-have accessory for every girl's set of wheels. This handy glove box-sized book tells a girl everything she needs to know about looking after her car, but probably didn't even know she had to ask! With step-by-step pictures, find out how to change a tyre in heels, recharge a flat battery, check your oil and tyre pressure, what to do if you are involved in an accident, how to buy and sell a car, learn all the car lingo so you will understand everything from GTi to horsepower. Save money on your fuel bill with its great energy saving tips. Buy this book and you will never need a man again!

A collection of original essays that calls for new voices to redefine feminism.

Includes reports of the several state institutions.

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