



Ask Elizabeth: Real Answers to Everything You Secretly Wanted to Ask About Love, Friends, Your Body... and Life in General

Elizabeth Berkley

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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.

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