ROUGH GUIDES

THE ROUGH GUIDE to

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Your full-on guide to the teen years

KAZ COOKE

# **Rough Guide To Girl Stuff**

**David Abram** 

#### **Rough Guide To Girl Stuff:**

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such as breathing techniques and the RIGAAR model of communication when dealing with emotional health issues Diagrams and charts are used to illustrate psychological explanations while case studies are provided to offer both teenage and parental perspectives While aimed primarily at parents Navigating the Teenage Years will also prove useful to teenagers student counsellors healthcare professionals and psychologists The Rough Guide to Hawaii Rough Guides, 2011-01-20 The Rough Guide to Hawaii is the essential travel guide to this breathtaking archipelago It covers the six major islands Oahu The Big Island Maui Lanai Molokai and Kauai with reviews of the best resorts hotels restaurants and nightlife for every taste and budget The guide includes practical advice on exploring all the attractions from gushing volcanoes and secluded beaches to lush rainforests and dramatic coastlines and details all you need to know about windsurfing scuba diving hiking and more The Rough Guide to Hawaii goes deeper than any other guide taking a detailed look at Hawaiian history culture language and music giving you a rounded understanding of the newest US state And with dozens of easy to use maps photographs and a full colour section this guide is your essential companion to Hawaii Make the most of your holiday with The Rough Guide to The Rough Guide to Kenya Richard Trillo, 2010-05-03 The Rough Guide to Kenya is the essential travel guide to Hawaii East Africa's biggest travel destination The Rough Guide to Kenya is the ultimate companion for coping with cosmopolitan Nairobi trekking through the northern deserts going on safari in Samburu Amboseli or Tsavo national parks and crossing the Great Rift Valley in a four wheel drive inspired by dozens of colour photos The guide unearths the best safaris sites hotels lodges camps restaurants and nightlife across every price range and offers experienced advice on everything from diving the coral reef to visiting Swahili ruins and flying over the savannah You ll find specialist coverage of Kenyan history wildlife music and literature plus insider tips on visiting Barack Obama's ancestral village of Kogelo Explore all corners of Kenya with authoritative background on everything from Indian Ocean beaches to safaris in Maasai Mara and climbing Mount Kenya relying on handy language tips and the clearest maps of any guide Whether you re heading on a two week safari or visiting the country to work be sure to eat drink and talk like a Kenyan with this must have guide Make the most of your holiday with The Rough Guide to New York Andrew Rosenberg, Martin Dunford, 2011-01-01 The Rough The Rough Guide to Kenya Guide to NYC covers the all the sights and attractions and has up to date listings detailed maps and the extensive practical information you ll need to make the best of your visit to the city The introduction gives you an overview of the city and a select list of things not to miss the best museums festivals night time activities and much more The guide then goes neighbourhood by neighbourhood covering everything from the historic Financial District and the landmark architecture of Midtown to Central Park Prospect Park and the furthest reaches of the Bronx Essentials on how to get around a list of recommended New York books and films a full colour map section colour inserts on architecture and the city s ethnic neighbourhoods and much more The Rough Guide to New Zealand Paul Whitfield, 2010-09-01 The Rough Guide to New Zealand is the essential guide to this spectacular country with lively coverage of its coolest caf s most vibrant nightlife best

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