

**FOR IMMEDIATE RELEASE**

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## **BEING JEWISH CAN HELP GIRLS DEAL WITH GROWING UP JGirls Rely on Family, Judaism and Each Other**

*“The JGirl’s Guide is cool. You should check it out.”*  
—Anita Diamant, author of *The Red Tent*

Growing up isn’t always easy. It’s challenging to get good grades, be there for friends, show respect to parents, keep up with trends, stay healthy, date the right person, and still make the world a better place. With all of the choices and challenges that Jewish girls face in their early teen years, how can they choose the best path to go from being a girl to becoming a young Jewish woman? How can Jewish wisdom help them with their search?

**THE JGIRL’S GUIDE: The Young Jewish Woman’s Handbook for Coming of Age** (Jewish Lights Publishing / June 2005 / Quality Paperback Original / \$14.99), by Penina Adelman, Ali Feldman and Shulamit Reinharz, is an inspiring, interactive book that helps adolescent Jewish girls—and those who care about them—figure this all out. It explores what happens at school and with friends, shows how to get along better with family members, and brings together the voices and wisdom of many JGirls from all stages of growing up.

“An invaluable tool for anyone working with Jewish girls,” praises Rosalind Wiseman, author of *Queen Bees and Wannabees* and co-founder of the Empower Program. “It incorporates important Jewish history and values into the issues Jewish girls face today. I recommend it highly.”

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“Sit down with your daughter and read this book together! Do it today!” recommends Rabbi Edward Feinstein, author of *Tough Questions Jews Ask: A Young Adult’s Guide to Building a Jewish Life*. “*The JGirl’s Guide* has a great secret for every girl of spirit and strength: You are not alone! You are connected to a magnificent tradition of Jewish women who have so much to teach you!”

“A tour de force!” writes Rabbi Joshua Elkin, executive director of The Partnership for Excellence in Jewish Education (PEJE). “For JGirls of all ages...the perfect gift, for it candidly and clearly offers profound wisdom to help Jewish girls grow into healthy, Judaically knowledgeable, involved, and caring human beings. I can’t wait for my own daughter to read it.”

**THE JGIRL’S GUIDE: The Young Jewish Woman’s Handbook for Coming of Age** is a first-of-its kind book of practical, real-world advice using Judaism as a compass for the journey through adolescence. A fun survival guide for coming of age, it explores the wisdom and experiences of rabbis, athletes, writers, scholars, musicians and great Jewish thinkers, as well as girls who share their worries, concerns and joys. Topics include:

- I’m a Jewish girl and so I’ll become a Jewish woman—is there any more to it than that?
- I love my friends, but it’s hard to be a really good friend.
- I love my parents, but do I need to honor them, too?
- I like to eat, but I think about food *a lot*.
- I like to be active, but I am really stressed out.
- I feel healthy most of the time, but sometimes I don’t take care of myself.
- I want to fit in, but I want to be true to myself.
- I am curious about sexuality, but I am scared about it, too.
- I need to say what I feel and think, but I may be hurting people when I do.
- I want to make the world a better place, but there are just too many problems.
- I am Jewish, but is this how I want identify myself?

“The arrival of *The JGirl’s Guide* couldn’t be more timely,” explains Donnie Kanter Winokur, founding executive director of The Body and Soul National Institute. “It captures the essence of a unique coming of age and skillfully provides tools to help young girls grow up with a confident sense of self and proud to be Jewish.”

“Fills a void in the Jewish world—and does so with creativity and joy,” note Rabbi Jeffery K. Salkin and Nina Salkin, authors of *The Bar/Bat Mitzvah Memory Book: An Album for Treasuring*

*the Spiritual Celebration*. “We will be using it with our mother/daughter group at The Temple in Atlanta; it’s what we’ve needed for a long time.”

“Unlocks the inner beauty and wisdom of Jewish tradition,” says Yosef I. Abramowitz, publisher of JVibe.com and *Sh’ma*; co-founder of BabagaNewz.com; and winner of the Covenant Award for Excellence in Jewish Education. “Chock full of Jewish values, it will be a trusted friend and wise teacher to a whole new generation of sisters and daughters, our people’s next leaders.”

“This unique volume invites young Jewish women to see themselves as central to their tradition, and their tradition as central to the adults they are becoming,” explains Dr. Daniel Gordis, author of *Becoming a Jewish Parent*. “It is a gift to young Jewish women and to their parents, alike.”

**THE JGIRL’S GUIDE: The Young Jewish Woman’s Handbook for Coming of Age** is the brainchild of Penina Adelman, Ali Feldman and Shulamit Reinharz. Adelman, the author of *Miriam’s Well* and *The Bible from Alef to Tav*, is a practicing social worker specializing in group work and has led pre–bat mitzvah and mother/daughter groups. Feldman received a master’s degree from the Avi Chai Educator’s Program at Pardes and Hebrew University of Jerusalem. She conducts private bat mitzvah tutorials and classes that assist girls in experiencing their bat mitzvah with relevance and excitement. Reinharz is the Potofsky Professor of Sociology at Brandeis University, where she serves as founding director of both the Hadassah-Brandeis Institute and the Women’s Studies Research Center.

“This is a resource that has been needed for a long time,” says Stuart M. Matlins, publisher of Jewish Lights. “It is a book to read, to hold on to, and to refer to during adolescence—and beyond.”

**THE JGIRL’S GUIDE: The Young Jewish Woman’s Handbook for Coming of Age**, by Penina Adelman, Ali Feldman and Shulamit Reinharz, is available at bookstores or directly from Jewish Lights Publishing, Sunset Farm Offices, Route 4, P.O. Box 237, Woodstock, Vermont 05091; Quality Paperback Original; \$14.99; add \$3.95 for shipping and handling for the first book, \$2.00 for each additional book. For credit card orders, call 800-962-4544.

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**If possible, please include our 800 number with your mention or review. Thank you.**

**THE JGIRL’S GUIDE: The Young Jewish Woman’s Handbook for Coming of Age** (6" x 9", 240 pp., Quality Paperback Original, ISBN 1-58023-215-9, \$14.99) is available from Barnes & Noble, Borders, Books-a-Million, Cokesbury, Doubleday, Indigo/Chapters, Waldenbooks, B. Dalton, amazon.com, barnesandnoble.com, and many other booksellers, or directly from Jewish Lights Publishing, P.O. Box 237, Woodstock, VT 05091; Tel: (802) 457-4000; Fax: (802) 457-4004; www.jewishlights.com. For credit card orders, call (800) 962-4544. Add \$3.95 shipping and handling for the first book, \$2.00 for each additional book.

Praise for

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by Penina Adelman, Ali Feldman and Shulamit Reinharz

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—**Anita Diamant**, author of *The Red Tent* and *The New Jewish Baby Book: Names, Ceremonies & Customs—A Guide for Today's Families*

“An invaluable tool for anyone working with Jewish girls. It incorporates important Jewish history and values into the issues Jewish girls face today. I recommend it highly.”

—**Rosalind Wiseman**, author of *Queen Bees and Wannabees* and co-founder of the Empower Program

“Sit down with your daughter and read this book together! Do it today! Open each of its chapters and share the wisdom and the warmth of this great book. *The JGirl's Guide* has a great secret for every girl of spirit and strength: You are not alone! You are connected to a magnificent tradition of Jewish women who have so much to teach you! On behalf of all our daughters, thank you Penina, Ali and Shulamit for a gift of such depth and insight.”

—**Rabbi Edward Feinstein**, author of *Tough Questions Jews Ask: A Young Adult's Guide to Building a Jewish Life*

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### *Continued*

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About the authors of

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**Penina Adelman** is the author of *Miriam's Well: Rituals for Jewish Women around the Year*. Her most recent book, *The Bible from Alef to Tav*, was a finalist for the National Jewish Book Award. She is a practicing social worker specializing in group work and has led pre-bat mitzvah and mother/daughter groups. She is the mother of an adolescent girl.

**Ali Feldman** received a master's degree from the Avi Chai Educator's Program at Pardes and Hebrew University, and holds a BEd from McGill University. She conducts private bat mitzvah tutorials and classes that assist girls in experiencing their bat mitzvah with relevance and excitement. She teaches middle school Jewish studies and lives in New York.

**Shulamit Reinharz** is the Potofsky Professor of Sociology at Brandeis University, where she serves as founding director of both the Hadassah-Brandeis Institute and the Women's Studies Research Center. Her most recent book (with Mark Raider) is *American Jewish Women and the Zionist Enterprise*.

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