



The Essential Five: A Grown-Up Girl's Handbook for Everything

Kate Etue, Recah Theodosiou

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Bits of wisdom, advice, and must-have information every woman needs for life.

With an ever-widening world and many seasons of influence, women need insight for the countless areas and ways they are called upon to be wise. The five fun sections of *The Essential Five* are Popular and Pursued, Classy and Fabulous, Domestic Goddess, Fetching and Fit, and Does It All.

Lists include:

- Ways to Make Sure You Don't Ruin a First Date
- Strategies for Surviving Awkward Business Functions
- Ways to Make Your House Look Clean...Fast
- Spas Worth Traveling Around the World For
- Secrets for Eating Out When You're On a Diet
- Annual Appointments You Should Make...and Keep
- Ways to Stay Motivated at the Gym
- Steps of CPR
- Legal Documents You Should Have...Just in Case
- Body Language Signals You Don't Want to Send (or Maybe You Do!)

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