



Bibliotherapy: The Girl's Guide to Books for Every Phase of Our Lives

Beverly West, Nancy Peske

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Because women read books differently than guys do...

Every woman knows ... books are more than a way to kill time on the bus — they're therapy that fits in our bag. Whether we're wallowing in a sullen perennial adolescence or our biological clock is ringing and we can't find the snooze button, books are the dog-eared friends that help us deal with our baggage as we navigate life's journey.

Now **Bibliotherapy** prescribes the best of classic and contemporary Chick Lit that women turn to again and again — for inspiration (**A Tree Grows in Brooklyn**) ... for escape (**Ladder of Years**) ... for revenge against the patriarchy (**Our Blood**) ... and for bonding with our girlfriends (**Waiting to Exhale**).

Upper-thigh spread sparking a midlife crisis? Read **A Lady's Life in the Rocky Mountains** and remember that it's not over until the fat lady yodels. Did your pot of gold turn out to be fourteen-karat tin? Open your eyes with **Awakening to the Sacred** and learn to savor your rainbow. Wondering what all the fuss is about? Climb into bed with **Lady Chatterley's Lover** and explore your pleasure potential.

With provocative points to ponder as you read ("What is the metaphorical significance of a codpiece?"), fun quotes, and a list of books that must not be read but, in Dorothy Parker's words, "thrown with great force," **Bibliotherapy** ensures you'll always find the right literary prescription — no matter what phase of life you're teetering on the brink of!

Plus: Doomed but Inspired Heroes ... Books to Read When You're Sick of Your Career and Are Seriously Considering Taking Up Alpaca Ranching in Peru ... Bad Girls We'd Like to Have Over for Girls' Night ... Books That Are the Equivalent of Citronella for Men ... and much more!

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