



A Real Guide to Really Getting It Together Once and for All: (Really)

Ashley Rickards

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THIS IS NOT YOUR MOM'S GUIDE TO LIFE.

SOMETIMES BEING A GIRL SUCKS. A lot. Take it from Ashley Rickards, star of the internationally popular MTV show *Awkward.*, who used to be a little awkward herself. She's been picked on and bullied, binged and purged, financially cut off and lived to tell the tale. But it wasn't easy. Throughout the whole process, she felt alone, scared, confused and sorta hungry. Sound familiar?

Well, RELAX. Ashley is here to share all kinds of stories, advice and corny jokes to help get you through it all, kind of like the cool big sister you never had (or wish your sister was). Plus, professional experts like spiritual coach Deepak Chopra, finance expert Zac Bissonnette and celebrity trainer Lalo Fuentes offer their tricks of the trade and behind-the-scenes secrets so you'll be well-versed in *Pretty Much Everything About Everything*.

You'll learn stuff like:

How to discover your talents and go after what you really want

How to eat right and work out for your body type

All the skin/hair/makeup/fashion tips you'll ever need to look like a rock star (or other kind of star)

Decorating your room to suit your style and organizing your crap so you're on top of lifeTips for making, saving and spending money

Getting along with your family and friends—no drama allowed

Most important: how to learn to love yourself (seriously, guys)

Whatever you need to know, *A Real Guide to Really Getting It Together Once and for All* has it all so that you can discover your true self, define your own mold and kick ass along the way.

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Robert Kuehner:

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Walter Telford:

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