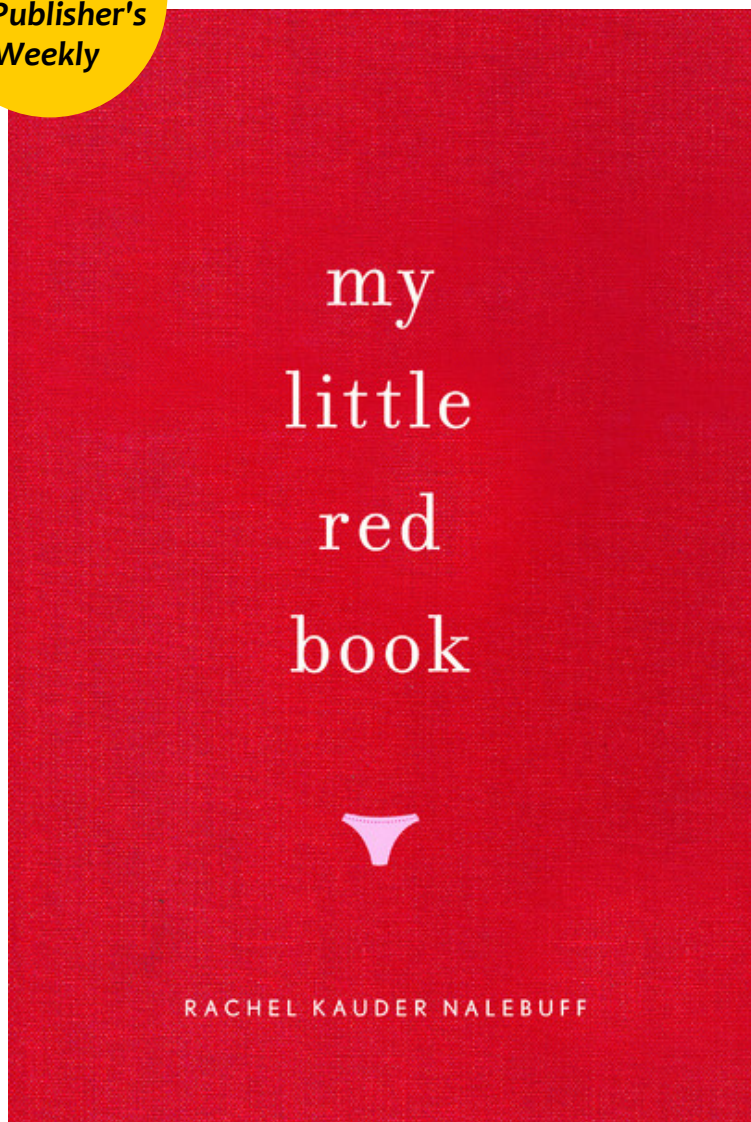


# A Book that All Women Can Relate To

"Touching  
and Brave"  
—*Publisher's  
Weekly*



## MY LITTLE RED BOOK

Rachel Kauder Nalebuff

"Silence about the healthiest of things can make them seem shameful. **MY LITTLE RED BOOK** turns shame into celebration."—Gloria Steinem, prominent feminist icon, journalist, and social and political activist

"Beginning with its perfect title, an inspired idea, expertly executed: Period."—Howard Gardner, Professor of Cognition and Education, Harvard University, and author of *Multiple Intelligences*

"A rich, welcome collection for readers of various ages and, perhaps surprisingly, more than one gender."—*Booklist*

MY LITTLE RED BOOK is a book all women can learn from and relate to: a vivid collection of stories about women's first periods—an anthology of personal reflections in the tradition of *The Vagina Monologues*.

MY LITTLE RED BOOK is the result of three years of collecting stories from women of all ages, from all around the world. The 'first period' tales range from the light-hearted (the editor got hers on the first day of water skiing camp) to heart-stopping (a first period discovered just as the author was about to be strip-searched by the Nazis). With its mix of heartwarming and funny stories, this book is uniquely poised to both break down cultural taboos surrounding periods (in this era of no-holds-barred reality TV, this is one topic that remains untouched), and to provide support and entertainment for girls and women of all ages.

RACHEL KAUDER-NALEBUFF is a recent graduate of Choate Rosemary Hall, and will soon attend Yale University. In Choate's annual Pratt-Packard oratory contest, she adapted her own first-period experience and other stories from MY LITTLE RED BOOK to an audience of 1,000 classmates. The inspiration to begin collecting first period stories arose out of a conversation with her mother.

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