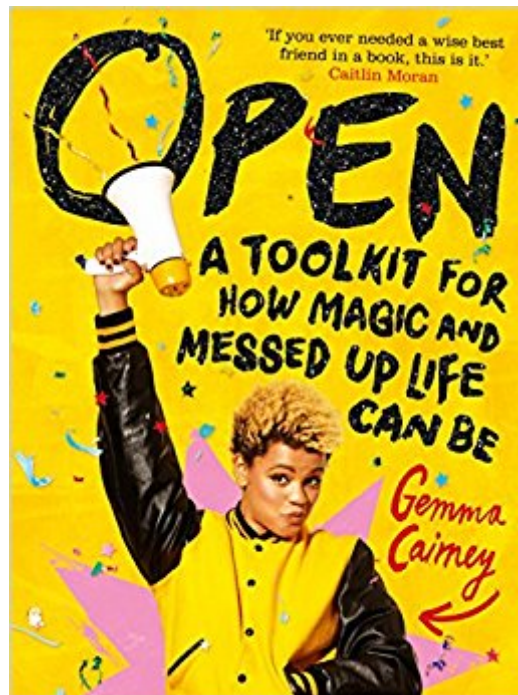




The book was found

# Open: A Toolkit For How Magic And Messed Up Life Can Be



## Synopsis

Open: A Toolkit for How Magic and Messed Up Life Can Be is full of honest advice about the big, bad and beautiful things that growing up is all about: from mental health to families to first love, and everything in between. Gemma Cairney is an important advocate for young people and between her life experiences and her personal insight from her time as Radio 1's resident agony aunt on The Surgery, she is perfectly placed to offer hope and a huge comforting cuddle to young people questioning what life's all about or dealing with hard times. Along with practical help and advice from a range of experts and gorgeous illustrations, this bright and colorful book also has a ribbon marker and plenty of space for readers to personalize and make it their own, making Open a treasured resource to return to whenever advice is needed.

## Book Information

Hardcover: 320 pages

Publisher: Pan Macmillan; Main Market Ed. edition (August 15, 2017)

Language: English

ISBN-10: 150983611X

ISBN-13: 978-1509836116

Product Dimensions: 7 x 1.3 x 9.2 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #610,219 in Books (See Top 100 in Books) #91 in [Books > Teens > Social Issues > Family](#) #159 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#) #160 in [Books > Teens > Personal Health > Self-Esteem](#)

## Customer Reviews

A chunky non-fiction splurge of glitter, anecdote and jubilation... a valuable resource, full of reassurance for teenagers that they are not alone, whatever they feel. \* Guardian \* A guide to help young people navigate love, friendships, health and other aspects of growing up. \* Observer \* Utterly invaluable, gloriously gracious guide to life | This heartfelt handbook for young adults by an inspirational presenter and producer is the literary embodiment of a big sister's shoulder and a best friend's ear... Packed with an abundance of info, insight, empathy and encouragement - from the comforting "we all mess up sometimes", to the truly uplifting "now go reach for the moon!" - OPEN is surely set to become THE must-have manual for young women navigating the often-tempestuous waters of their teenage years. \* LoveReading4Kids \* Informative, touching & inspiring... laced

throughout with a sense of humour and true passion. \* Metro \*

After a brief go at drama school and a stint working in fashion in her early twenties, Gemma Cairney is now a BBC broadcaster, magpie, and life enthusiast who has won awards for making documentaries on subjects such as young people in violent relationships. She presents The Surgery Show on BBC Radio 1 and co-produced and presented internet entertainment show, The Fox Problem. Gemma has presented shows and one offs for BBC Radio 1, 1Xtra, 2, 3, 4, 4 Extra, 6Music and BBC World Service. She is also founder of boutique production company - Boom Shakalaka Productions. She likes to write, explore the planet, trek mountains and DJ garage classics.

[Download to continue reading...](#)

Open: A Toolkit for How Magic and Messed Up Life Can Be Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master! (Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic) Welcome To My So-Called Life: Diary of A Messed Up Teenager (Welcome to My Life Series) (Volume 1) The Don't Get Me Started! Toolkit - Workbook and Teacher Answer Key: Strategies for a Culturally-Challenged World (The Don't Get Me Started! Toolkit - Workbook and Teacher Key) (Volume 1) The Production Manager's Toolkit: Successful Production Management in Theatre and Performing Arts (The Focal Press Toolkit Series) The Technical Director's Toolkit: Process, Forms, and Philosophies for Successful Technical Direction (The Focal Press Toolkit Series) The Assistant Lighting Designer's Toolkit (The Focal Press Toolkit Series) The Bullies of Wall Street: This Is How Greed Messed Up Our Economy Wicca Magic Starter Kit: Candle Magic, Crystal Magic, and Herbal Magic How to Open & Operate a Financially Successful Herb and Herbal Plant Business (How to Open and Operate a Financially Successful...) The Open Heart Companion: Preparation and Guidance for Open-Heart Surgery Recovery Open Water Swimming Manual: An Expert's Survival Guide for Triathletes and Open Water Swimmers Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships (Polyamory, Polyamorous, Relationship, Dating, Poly Relationship, Polyamory Dating, Open Relationships) How to Open & Operate a Financially Successful Small Farm: With Companion CD-ROM (Back-To-Basics) (How to Open and Operate a Financially Successful...) God in an Open Universe: Science, Metaphysics, and Open Theism Wide Open: My Adventures in Polyamory, Open Marriage, and Loving on My Own Terms CARD THROUGH HANDKERCHIEF - A Classic Magic Trick with a Borrowed Handkerchief: A Magic Trick Tutorial that explains how a freely chosen playing card passes ... a borrowed hanky (Magic Card Tricks Book 6) The Baine Chronicles Series,

Books 1-3: Burned by Magic, Bound by Magic, Hunted by Magic Open Heart, Open Mind Open  
Mind, Open Heart: The Contemplative Dimension of the Gospel

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)