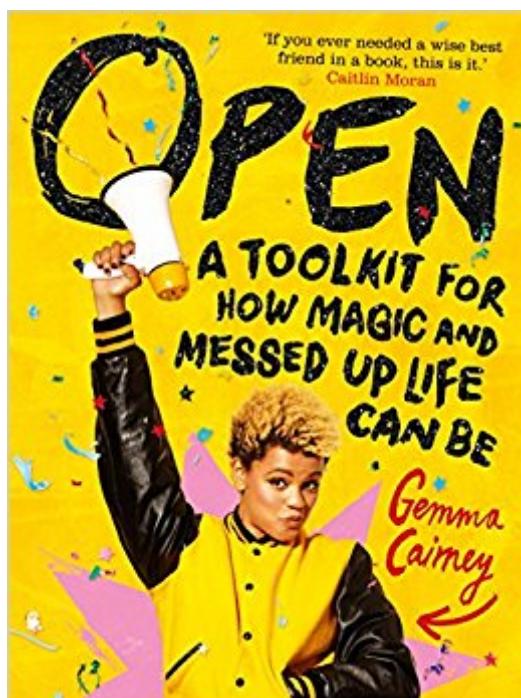


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# Open: A Toolkit For How Magic And Messed Up Life Can Be



## 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

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## 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.

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