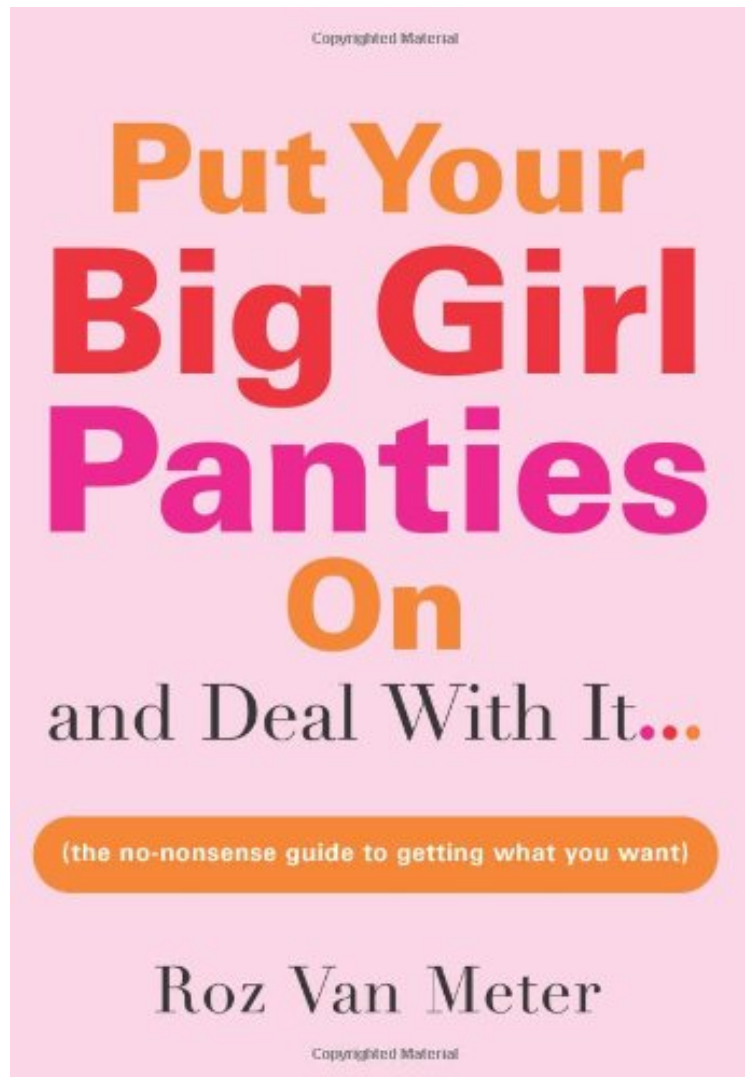


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Put Your Big Girl Panties On and Deal with It

Roz Van Meter

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Roz Van Meter : Put Your Big Girl Panties On and Deal with It before purchasing it in order to gage whether or not it would be worth my time, and all praised Put Your Big Girl Panties On and Deal with It:

0 of 0 people found the following review helpful. Five StarsBy CustomerWas a gift to a friend. Have not received feedback as of yet3 of 3 people found the following review helpful. Good Things Come in Small PackagesBy Wendy Wiles KaseRoz has managed to put together in a fun book the latest research from individual psychology, relationship theory, marital, sexual, and love studies, as well as the neuroscience on the aforementioned. About half way through the book, you realize you're getting this research cloaked in an easy to read and easy to follow plan. A summary of what you need to do to become an adult. I must admit that, while I could feel parts of myself knowing that she was

speaking the truth, I could also feel other parts of myself fighting back, not wanting to put my Big Girls Panties on! There's no getting around the simple truth of what she says. The hard part may be giving up those panties and donning the britches! It's a great book for people who don't want to read the research but want the bottom line of what it says and how to use it to your advantage. Have fun! Wendy Kase, JD, MSMFT0 of 0 people found the following review helpful. Don't miss this bookBy Kindle CustomerIf you have been waiting to find that one book that will help you pull your life together, your lucky day has arrived. Put On Your Big Girl Panties and Deal With It is that book--one that you will hold close to your heart--my copy is dog-eared and yellow highlighted page after page. Roz Van Meter offers solid advice on how to face life as a grown-up based upon her years of experience as a life coach--and she does it with grace, charm, and a wicked sense of humor. Warning: you will laugh out loud more times than you can count. Simply put, Roz is warm, wise, and the girlfriend you have always wanted. Buy this book for yourself, give copies to your daughter and to your sisters (both bio and chosen) because this is advice you will want to share and talk over with people you really care about.

With this insightful, touching, and often hilarious guide, Roz takes you from Training Pants straight through to Big Girl Panties, with plenty of laughs and lots of valuable advice along the way. Rife with deeply personal, perhaps slightly embarrassing and often hysterical personal stories from the author herself, Put Your Big Girl Panties On and Deal With It is the guidebook for real women ready to take charge of their own lives. Inside, discover:--How to shuck those procrastination panties: Action Antidotes to the Top 10 Procrastination Perpetuator--How to untwist your knickers: Stressbusting for the rest of us--Aunties in your panties: What we can learn from the Big Girl Panty-Wearers who have gone before us--Big girl Valentine panties: Plenty of romance revivers and passion primers--Bodacious Beauty Britches: How to celebrate your unique gorgeoussness

About the AuthorRoz Van Meter is a licensed marriage, family and sex therapist, and a certified Life Coach. She has counseled 10,000 people in 28 years of private practice. She has been featured in USA Weekend and Family Circle, and is a source for Cosmo and Redbook. She lives in Dallas, Texas.Excerpt. © Reprinted by permission. All rights reserved.IntroductionLife itself is the proper binge.-Julia ChildBecky and her husband Greg were walking through the mall one day, heading for a movie, when a girl walked toward them wearing a T-shirt that said, "Put your big girl panties on and deal with it!"Greg laughed. "Somebody ought to write a book with that title."Becky answered, "And I know just the person who could do it, my old buddy back in Dallas."The movie they went to see featured Barbra Streisand as a flamboyant red-headed sex therapist named Roz. She was a hoot. As they walked out, Becky looked up at Greg and said sweetly, "Did I happen to mention that my buddy back in Dallas is a flamboyant red-headed sex therapist named Roz?"They phoned me with the idea, came down from Colorado to talk about it, and the next thing I knew, I was writing this book.Big Girl Panties is a story salad. As books will do, it took on a life of its own, informing me as I wrote. I'd started with the attitude of "Big Girl Panties are mature and capable, Little Girl Britches are childish and ineffective." Before long, though, I rediscovered an enormous truth: they are both wonderful and amazing, when worn at the right times.