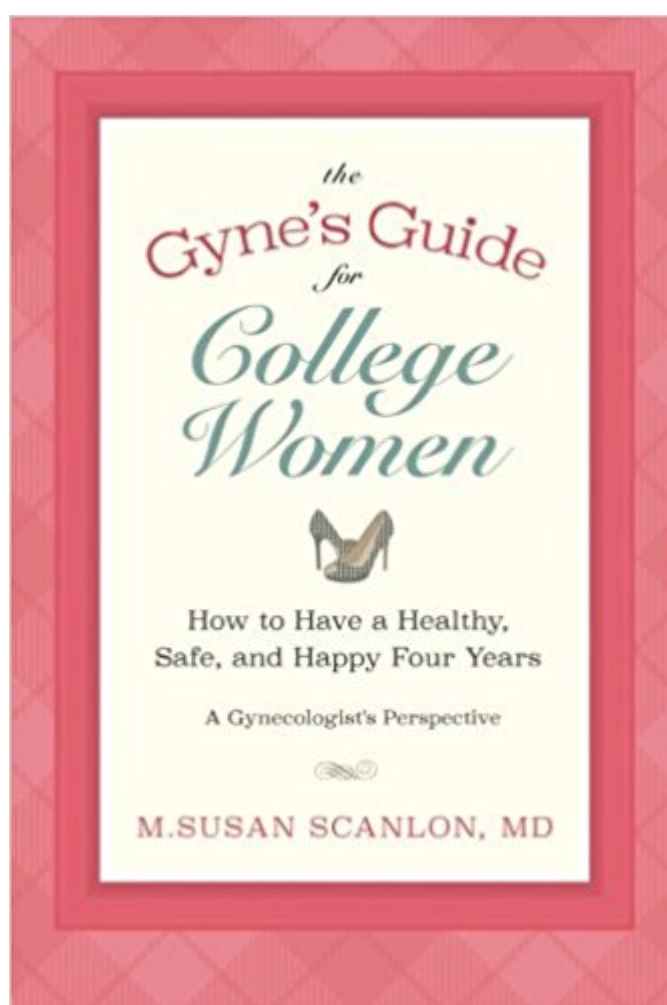


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# The Gyne's Guide For College Women: How To Have A Healthy, Safe, And Happy Four Years. A Gynecologist's Perspective



## Synopsis

Essential guidebook for all girls going to college! Written by a physician and women's health expert, The Gyne's Guide will get you prepared to move out on your own! From decisions about sexuality, managing stress and depression, and getting enough sleep, to risks of alcohol use, sexual assault prevention, and avoiding date rape drugs, this book covers it all. All the facts, tips, and suggestions about how to be healthy, safe, and happy in college are explained in detail. The Gyne's Guide is the first step to getting prepared for a fabulous college experience, and a must-have on every graduate's list. [www.TheGynesGuide.com](http://www.TheGynesGuide.com)

## Book Information

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Best Sellers Rank: #892,385 in Books (See Top 100 in Books) #10 in Books > Teens > Social Issues > Sexual Abuse #21 in Books > Teens > Social Issues > Peer Pressure #42 in Books > Teens > Personal Health > Diet & Nutrition

## Customer Reviews

"Ever wish there was that grown up version of the American Girl Doll Book about your 'changing body' that your mom gave you when you were 9? One that gave advice like how to lower your risk of sexual assault on campus, prevent STDs, and avoid the 'freshman 15.' This book could be it." -- Tina Kapinow, Mogul Influencer  
"I like Scanlon's attempt to help young women think through trouble before they face it. And the question she asks them to ask themselves - and one that young men can rephrase for themselves - is useful far beyond college: What kind of woman do I want to be?" -- Mary Schmich, Pulitzer Prize Winning Journalist, Chicago Tribune

Dr. M. Susan Scanlon, M.D. is a board-certified gynecologist with the American Board of Obstetrics and Gynecology and a fellow of the American Congress of Obstetricians and Gynecologists. Dr

Scanlon specializes in women's health, adolescent gynecology, and gynecologic surgery. With over 20 years in private practice, Dr Scanlon has helped thousands of young women tackle the health and social issues faced in high school and college. Recognizing the need for more health information for girls, Dr Scanlon has written *The Gyne's Guide for College Women* to help young women understand what is ahead so they can be healthy and safe, and make lifestyle choices consistent the best woman they can be. Dr Scanlon graduated Magna Cum Laude and Phi Beta Kappa from Boston College and attended medical school at Loyola University Stritch School of Medicine in Chicago. Dr Scanlon has been named Top New Doctor in Integrated Care by Chicago Magazine, and has given extensive community and professional lectures on medical issues faced by women of all ages. She is in private practice at Midwest Center for Women's Healthcare, located outside of Chicago. A mother of three children, including two daughters, Dr Scanlon is passionate about helping young women have their best college experience.

Saw this book reviewed in the Chicago Tribune and thought it was a great gift to send to my college freshman daughter. She'll never admit it but I'm sure she is reading it.

This book is so well written! A must for all girls heading off to college & their moms.

This is great. I bought it for my granddaughters who just started college. She is excited to read it. Thanks for all the great information in there.

Amazing book. It is so complete in every area that every girl going off to college or just on their own for the first time, should read this.

Authoritative, practical, balanced and respectful of the college women the author wishes to reach.

Where was this book when I went to college!! It covers all the tough topics I need to discuss with my daughter but am uncomfortable doing so. It also encourages girls to make smart choices when they are surrounded by a group of new friends. I want my daughter to remember who she is and the morals she was raised with. It gives us a place to start to talk...It also is set up in a way she will actually read it when she's away at school...I think she will like the bullet points, patient stories and all the apps to use to help her stay healthy when I am not there. I am going to order copies for my nieces heading off to college this year too!!

As a mom this book says everything I wish I had shared when my daughter went off to college. It provides advice on situations which a female college student truly will encounter. The honest and relatable qualities in this book are hard to find in others. Dr. Scanlon's insight from her experience over the years seeing high school and college age girls is invaluable. She speaks to young women on a level that is friendly but straight forward. The Gyne's Guide for College Women covers a variety of key topics--relationships, health (mental and physical), safety, and more--while still possessing a fun and accessible writing style. This is the perfect graduation gift for any young woman going to college.

If you have a daughter going to college in the next year or two- GET THIS BOOK! Terrific guide to help young women entering college make the right choices and meet potential obstacles head on. So many young women leave home for the first time when going off to school and this guide will help them through the exciting, but sometimes overwhelming first year.

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