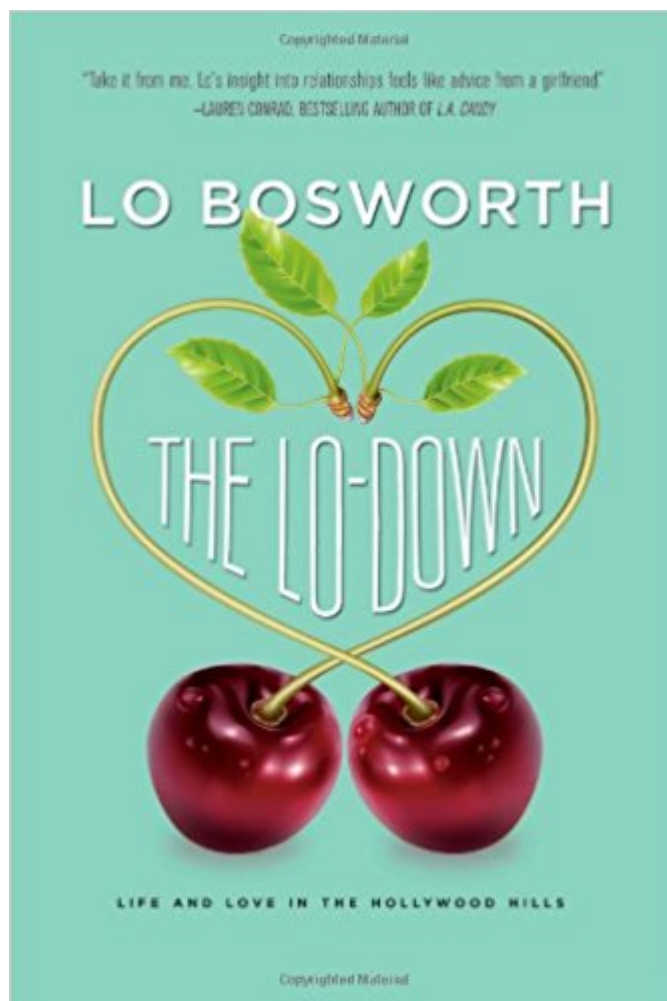


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# The Lo-Down



## Synopsis

Reality TV personality Lauren "Lo" Bosworth has witnessed her fair share of bad dating and has experienced some herself. As a star on two reality shows, she is no stranger to drama and what comes along with it. Now she is offering her advice gleaned from her and her famous friends' relationship experiences on dating and love. Featuring personal photos and anecdotes about her experiences on "Laguna Beach" and "The Hills", The Lo-Down is a further glimpse into the lives of the people that have enthralled so many.

## Book Information

Paperback: 256 pages

Publisher: Simon & Schuster Books for Young Readers; 1 edition (January 11, 2011)

Language: English

ISBN-10: 1442412003

ISBN-13: 978-1442412002

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars 12 customer reviews

Best Sellers Rank: #635,399 in Books (See Top 100 in Books) #121 in [Books > Teens >](#)

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## Customer Reviews

Gr 9 Up-A love and relationships guide from another Hills girl. Unlike some of her tabloid-tastic cohorts, Bosworth is seemingly the tamest of the group. Known as the confidant to her girlfriends, she's the kind of friend who listens to the dating woes of others and honestly wants to help empower them. Drawing from personal experiences and those of her friends, she urges readers to take charge of their self-esteem and psyches when a relationship falls apart. "You have to understand that he just isn't the right guy for you, not that you must not be the right girl for him." Though clearly not a feminist manifesto, Bosworth's dating advice is dispensed in a breezy manner that many readers will relate to. The text contains all the usual elements-quizzes, rogues' gallery boys to avoid, the type of guy to seek out, activities to soothe a broken heart, and plenty of personal anecdotes. The author is like the young hip aunt who offers advice about boys at family gatherings. However, with Laguna Beach and The Hills so 15 and 5 minutes ago, respectively, readers could be unfamiliar with Bosworth. Nonetheless, The Lo-Down still may provide guidance for teens exploring their first dating relationships.-Elaine Baran Black, Georgia Public Library Service, Atlanta (c)

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“The Lo-Down stands apart because of its positive message. Take it from me, Lo’s insight into relationships feels like advice from a girlfriend.” --Lauren Conrad, bestselling author of L.A. CANDY Bosworth--late of Laguna Beach and The Hills, two MTV series that showcased the lives and loves of Southern California’s young and glamorous--is building a brand for herself: the sensible-yet-sexy older cousin. This book, which shares a title with her recently launched lifestyle website, expands on the romance-advice section of her site and ably offers an appealing mix of generic and specific relationship advice in a breezy, knowing tone. - KIRKUS, December 1, 2010

I was a huge fan of Lo’s when she was on Laguna Beach and that grew even more when she was on The Hills. She gives advice like your best friend does, but she does it in a way that is hilarious. She shares her mistakes and her triumphs in the dating world all the while passing on the facts she has learned along the way. Its a great book and a quick read.

Great book...Lo makes me smile...I bought this book for help and wasn’t disappointed. P.s.the recipes are awesome

great dating tips and self discovery!

A+++

I found this book to be geared towards tweens or teens. Maybe that’s my fault for buying it in my 20s. Whoops!

Maybe I should have read the reviews... I didn’t realize this was a "self-help/advice" book about relationships. I didn’t even read half of it. It might be good for younger (high school/college) girls, but I was not a fan.

This book was not at all what I was expecting. I didn’t realize this was a "self help" guide to relationships. I would not recommend this book.

Not at all what I tho it would be didn't even finish it wish I could return it but got it on the kindle so no refunds wait till this goes for free! don't want to give this any stars but I have to

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