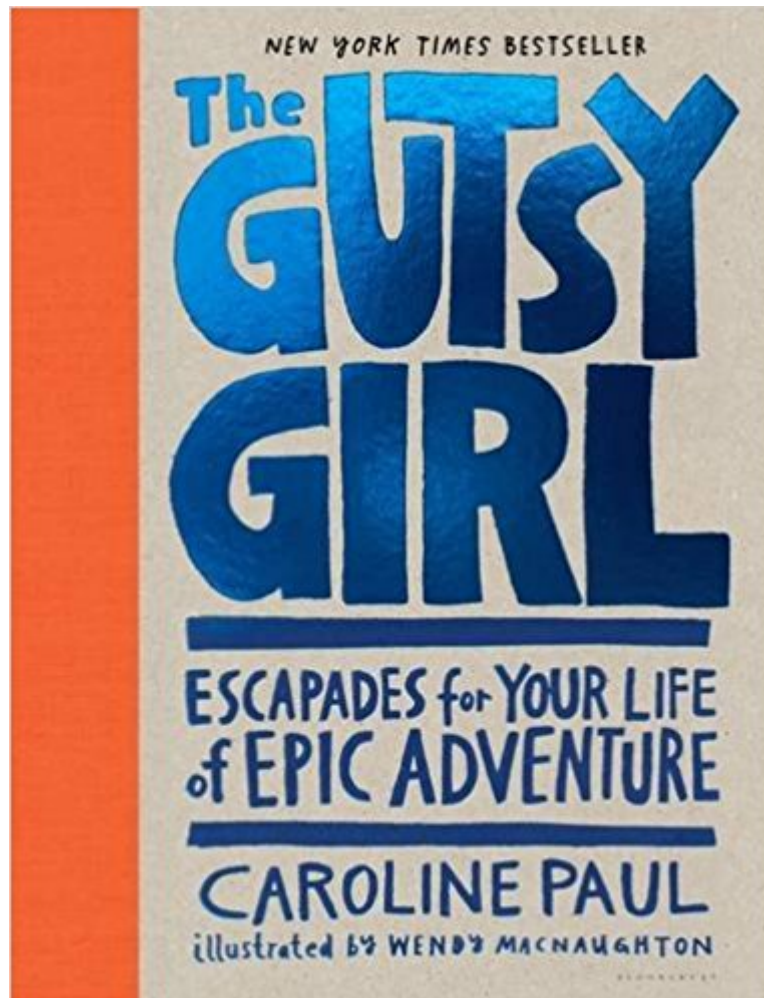




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The Gutsy Girl: Escapades For Your Life Of Epic Adventure



Synopsis

From a real-life derring-do woman, exhilarating stories, activities, and tips to inspire girls to pursue a life of adventure and excitement. Why should girls miss out on the joy of adventure? They can jump off rocks, swing on ropes, and climb trees just as well as boys can. But girls often allow fear to stand in their way. In *The Gutsy Girl*, author Caroline Paul emboldens girls to seek out a life of exhilaration. Once a young scaredy-cat herself, Caroline decided that fear got in the way of the life she wanted--of excitement, confidence, self-reliance, friendship, and fun. She has since flown planes, rafted big rivers, climbed tall mountains, and fought fires as one of the first female firefighters in San Francisco. In *The Gutsy Girl*, she shares her greatest escapades as well as those of other girls and women from throughout history, and offers engaging activities such as confidence-building stances, creating a compass, positive self-talk, and using crickets to estimate outside temperatures. Each section includes a place for girls to "journal" their adventures, thus encouraging a new generation to develop a zest for challenges and a healthy relationship to risk. *The Gutsy Girl* is *Lean In* for young girls, a book about the glorious things that happen when you unshackle from fear and open up to exhilaration. Fully illustrated and enlivened throughout by bestselling illustrator Wendy MacNaughton's whimsical pen-and-ink drawings.

Book Information

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Age Range: 7 and up

Grade Level: 4 - 7

Customer Reviews

"Caroline Paul's inspiring and sometimes astonishing stories of the adventures that she and other great women have undertaken, alongside Wendy MacNaughton's beautiful illustrations, make *The Gutsy Girl* the book of the year for daredevils, doers, and dreamers of all ages." —Cheryl Strayed, author of *Wild* "The perfect book for young feminists, or really any woman who needs a dose of inspiration in her life . . . Viva la Gutsy Girl!" —Buzzfeed "Part high-energy how-to guide, part hilarious memoir, and part interactive adventure journal designed to help girls of all ages build confidence, pluck, and bravery by venturing outside." —Outside Magazine "Paul encourages readers--girls, specifically--to pursue lives of excitement in a book that blends elements of memoir, guidebook, and journal." —Publishers Weekly "Delightful . . . There's a lot here that will thrill any girl--or boy--of any age." —San Francisco Chronicle "If Pippi Longstocking and Sheryl Sandberg got together and penned a book for tween girls, this brilliantly written and illustrated gem would be it." —Parent.co "An incredible book for raising gutsy girls and a must-read for adventurous women . . . Paul's book will convince any woman that she, too, is destined for a life of epic adventure--whether it's in the woods or in the boardroom." —Quartz.com "A must for inspiring girls of all ages--young and young at heart." —Stanford Magazine "Paul's exuberant prose is made even better by Wendy MacNaughton's charming illustrations, which help place us in the adrenaline-fueled scenes . . . An adventure tome, field manual, journal, and self-help book all in one, *Gutsy* makes an excellent gift for girls graduating elementary school, though it's a good read for anyone. The book aims to help young women widen their comfort zone, face fear, and manage insecurity." —Sierra "[Lost Cat] is revelatory . . . it moves easily and hilariously from one sentence and chapter to the next . . . it's ingeniously crafted . . . a fiercely charming narrative that sneaks up on a reader, just as the best fantastical books do . . . *Lost Cat* is an incredibly endearing work, a snapshot of the madness of loving and agonizing over and chasing after animals." —Jillian Steinhauer, *The Los Angeles Review of Books*, on *LOST CAT* "An uncommonly charming and wise tale." —Alexis Madrigal, *The Atlantic*, on *LOST CAT* "This playful, quirky book is like a cat that climbs into your lap and purrs; it's impossible not to love it." —Gayle Brandeis, *San Francisco Chronicle*, on *LOST CAT* "A tender, imaginative memoir infused with equal parts humor and humanity . . . an absolute treat from cover to cover." —Maria Popova, *Brain Pickings*, on *LOST CAT*

Caroline Paul is the author of the memoir *Fighting Fire* and the novel *East Wind, Rain*. Most recently

she published *Lost Cat, A True Story of Love, Desperation, and GPS Technology*. She is a longtime member of the San Francisco Writers' Grotto. Wendy MacNaughton is a New York Times bestselling illustrator whose books include *Lost Cat*, *Pen & Ink*, and *Meanwhile in San Francisco*. They live in San Francisco.

I originally bought several copies of this book for gifts for most of the girls that I know. Then I read the whole thing, cover to cover in one night because I could not put it down, and had to go get several more copies for all the adult women that I know too. Pretty sure I have bought at least 10 of these for girls and women of all ages. I wish I could go back in time and read this when I was about 10 years old. It's fun, it's clever, it's super encouraging while also being honest and self-deprecating at times. Caroline weaves in great stories from her own life with inventive ideas for ways to live your life with courage and an eye for adventure. There are also little illustrated factoids about amazing women throughout history sprinkled through the book. The illustrations are charming and witty and add an extra depth to the book that will make it a keepsake for many readers.

This is one of the best books I've seen for women and girls. Celebrate all the brave and crazy things you've done in your life with Caroline Paul. I'll be purchasing copies for my granddaughters so they can become the 'gutsy girls' I know they were meant to be.

I am 22 and still enjoying Caroline's adventure. All her stories are funny, adventurous and truly inspiring. Have a lot of self esteem advice which is great as a gift to my 9 years old sister.

I bought this as a gift for a young girl but couldn't resist taking a peek inside. Then I couldn't put the book down when I found out that the stories of encouragement and taking risks weren't just for young girls but benefitted adults as well. An extra star for the "Girl Hero" history lessons that appear throughout the book as well.

Delightful book! It began as a gift idea for young girls in my life, but after reading through it myself, I quickly realized it is a great gift for the grown girls I know, too :) Definitely worth checking out - you won't regret it. It's entertaining, inspirational, and full of adventure - what's not to love?

Caroline was on a Tim Ferris podcast and I really liked what she had to say. I don't read much of about adventurous women so this was kind of a fun change. She is pretty funny but I would say I

am little disappointed with the content of the book.

The book is not sturdy and I wish it was, because it is getting passed around quite a bit. Girls of all ages are reading it. The content is great! Written for very young women and girls, but fun for all ages. Highly recommend!

Get this book now. It is practical, humorous and excellent advice for teen girls and even adult women who have been holding back in taking any kind of chances or risks. I am going to now place it in one of our town's LFL's (Little Free Libraries...we have about 20 of them scattered all around town) and hope that someone picks it up and passes it on.

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