

TO BE A WOMAN

book & Journal

To Be A Woman is your guide, big sister & companion through an experience of sexual assault & life as a young woman.

The accompanying **Journal** encourages readers to reflect on their own experiences through a series of prompt questions & writing/doodling/drawing opportunities.

CUSTOMISATION
AVAILABLE



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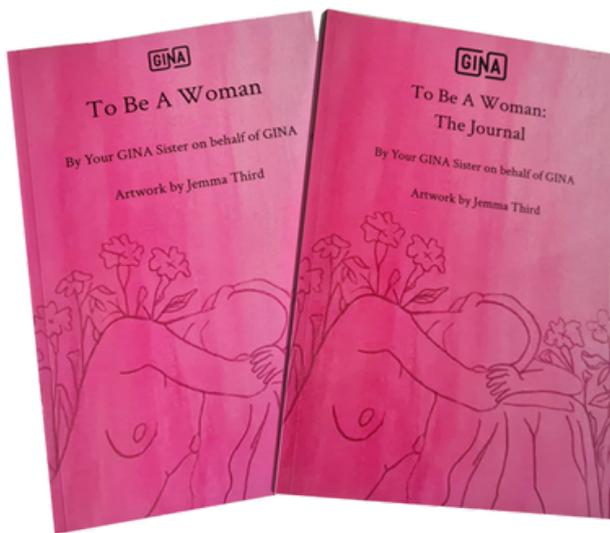
Grosvenor House,
14 Bennetts Hill, Birmingham, B2 5RS

GINA

TO BE A WOMAN

book

An honest, personal and at times, funny account into the many emotions individuals are subjected to following an experience of sexual assault. Fiercely empowering, maybe it is also a love letter to all young women, especially to those who have been subjected to sexual assault & violence, as this is sadly far too common for all women. Written as the older sister or friend you might be looking for right now, the author opens up about her own path through the recovery process in order to make you feel less alone and to normalise the thousands of overwhelming emotions you might well be experiencing.



created by university students with lived experience of sexual violence & abuse.

Journal

The reflective journal to accompany *To Be A Woman*.

Using prompt questions based upon the themes that feature in *To Be A Woman*, this accompanying journal offers you creative, compassionate & reflective space to explore your thoughts, feelings emotions & experiences in relation to the book chapters.

Explore your narrative side-by-side with your GINA sister.

order the book & journal individually or as a bundle.

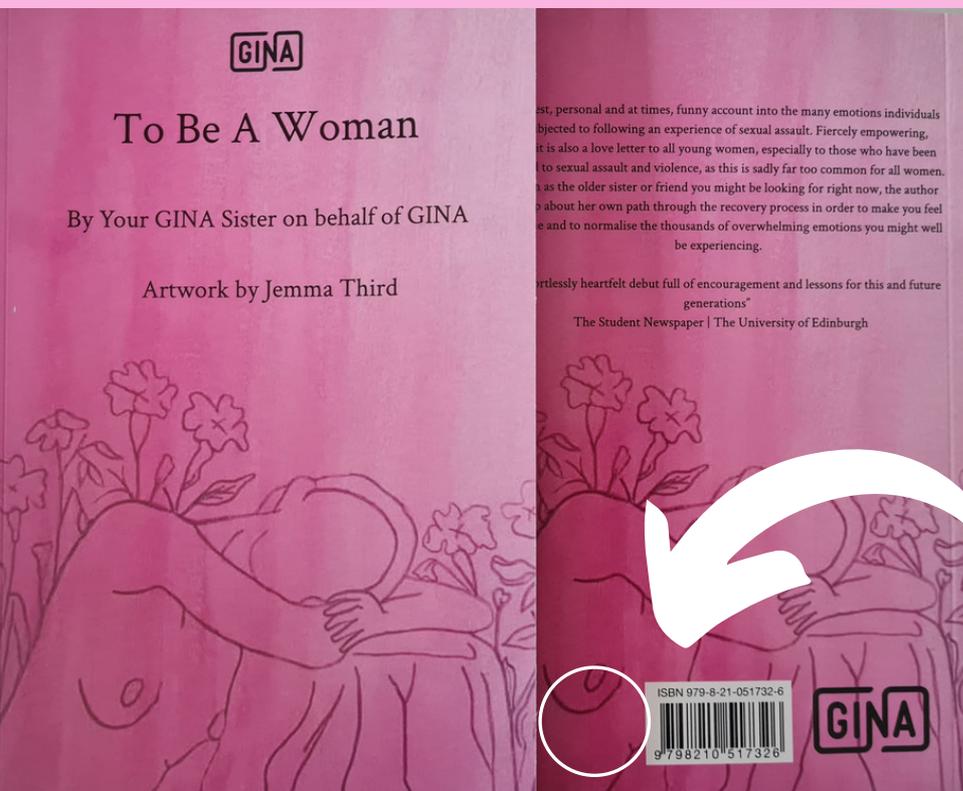
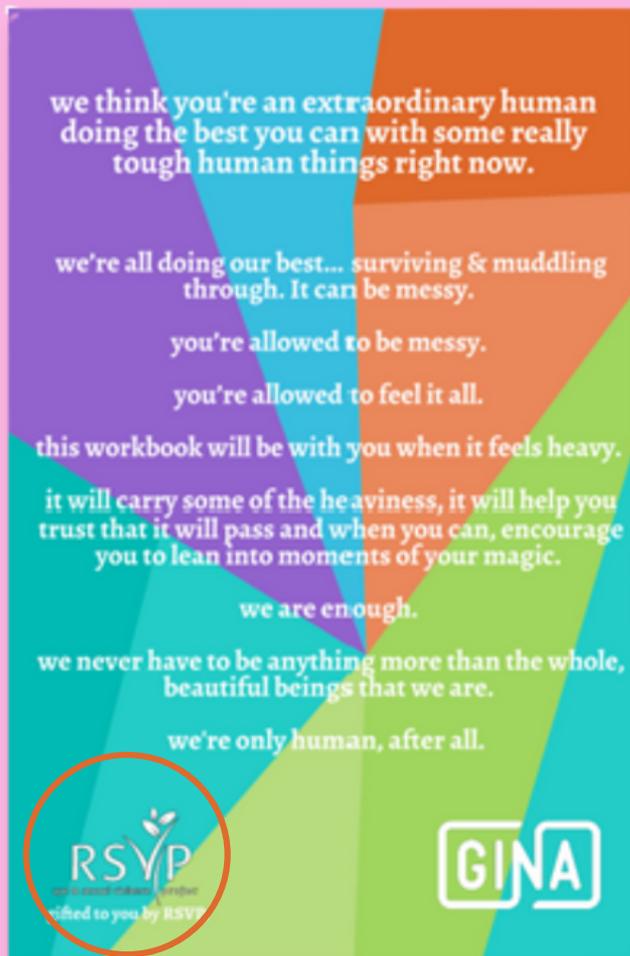


add your organisation's logo, foreword & a bespoke message.

customisation

Customize your *To Be A Woman* Book & Journal for your organisation with a special foreword from your organisation to readers & the addition of your logo on the cover.

Below is an example of similar customization for organisations for our *Only Human* workbook.



Your organisation's logo will feature here on our back cover, along with a message from your organisation on one of our front internal pages.

Where possible, positioning of your customization can be flexible & any additional customization you'd like can be explored.

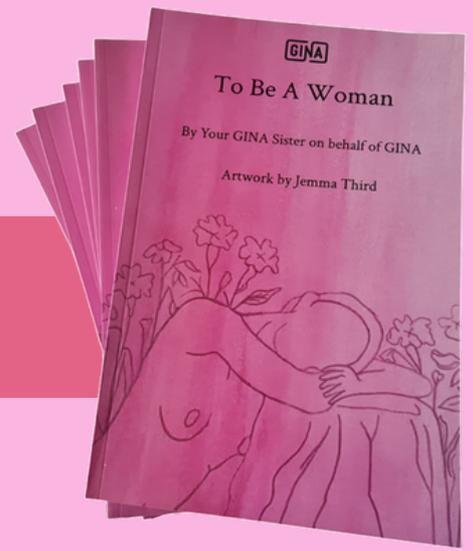
“

*An effortlessly
heartfelt debut full
of encouragement &
lessons for this and
future generations*

”

The Student Newspaper
The University of Edinburgh

Foreword by GINA



*An **unapologetically authentic** exploration of sexual violence & the issues that are impacting young women today.*

This book will meet you where you are.

*It beautifully captures the messy nature of a young woman **navigating sexual trauma, mental health, sex, friendships and relationships**. This book is not afraid to discuss the important stuff and will resonate with young women everywhere.*

*In this book, you will discover authenticity, strength and **female solidarity**. These pages contain trails and tribulations that are reflected within the lives of young women everywhere.*

These pages reflect our experiences. They may well reflect yours too.





get in touch

If you've recently purchased a copy of *To Be A Woman* book &/or journal, & you'd like to leave a testimonial or review for us, please do not hesitate to get in touch. We love hearing your comments & every bit of feedback helps us to develop our resources & tailor our products to suit the needs of the individuals we support.

If you're an organisation or educational institution who are interested in purchasing & customizing *To Be A Woman* in bulk, please get in touch.



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