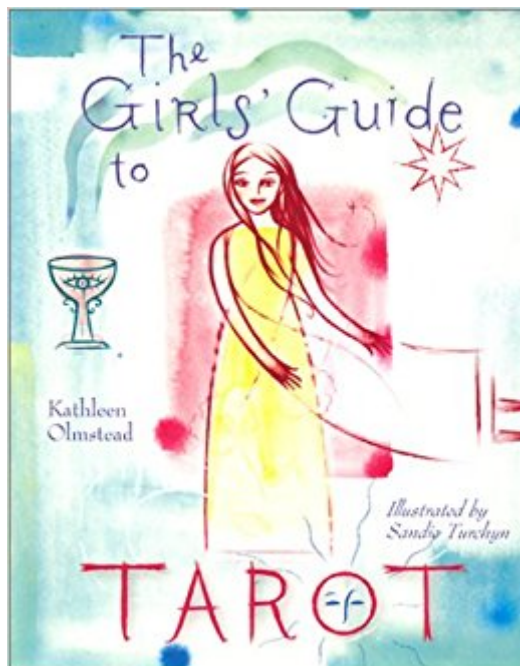


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# The Girls' Guide To Tarot



## Synopsis

Decisions, decisions. What's a girl to do? Should you ask that cute guy from history class to the prom? Should you try out for the school play? Where should you go to college? Luckily you don't have to decide what you want on your own--use tarot cards to help answer your most important questions. Expand your girl power with tarot power! Every aspect of tarot reading, from choosing a deck and setting the mood--music and incense are always good--to the significance of each card, is explained in terms totally geared to young women. Let the Queen of Cups, the Hanged Man, and others help you and your girlfriends sort through life and love, school and shopping. Eventually you'll know everything there is to know about the 78 cards that make up the deck and more about yourself than you ever dreamed.

## Book Information

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## Customer Reviews

Grade 6 Up-A primer for beginning enthusiasts. The text is accompanied by soft, flowing illustrations and detailed pictures of the most popular Tarot cards, the Rider-Waite deck. Beginning with a brief history, the author moves into a step-by-step guide for using the cards. From there, readers are given a picture and description of what each one means in both upright and reserved form. The text finishes with sample spreads and tips for designing one's own deck. The book guides girls through the Major and Minor Arcana (the two sections of the deck) in simple language, and explains what the Tarot will and will not answer. While touting this device as a way to connect to intuition and bring clarity to a situation, the text retains a neutral, if somewhat New Age tone. Olmstead makes it clear

that the Tarot should blend into one's daily life, "not be a controlling force." This guide will be ideal for providing a solid base for exploration, but practitioners of the art may be disappointed by the lack of in-depth information. Elaine Baran Black, Gwinnett County Public Library, Lawrenceville, GA  
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Gr. 6-12. There's nothing mystical about this straightforward treatment of centuries-old tarot. Olmstead begins with the history of the card deck and explains what it can do (guide the reader to answers already inside oneself) and what it can't ("the Tarot will not reveal your future"). The rest of the book is devoted to how to manipulate the tarot deck: the meanings of the cards, the various layouts, how to store the cards, etc. There's a good deal of discussion about the cards' apparent meanings and the subtle art of interpreting deeper meanings, and readers are advised that tarot proficiency takes time. One of the best parts of this is its crisp, bright artwork. The book uses the Rider-Waite deck to illustrate the various cards, and the cards familiar look will make potential tarot readers more comfortable. Some patrons will object to this on general principles, but libraries wishing to include a book about the subject for young people will find this an attractive choice. Ilene Cooper  
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As I am just beginning into tarot, I am finding that this book has been very helpful in learning basic meanings to the cards. It is easy to navigate and understand. After having checked out a copy at the library...we made sure to order our own copy as soon as we could. Would recommend, or even gift a copy of, the book to anyone seeking basic information (especially for starters.)

I'm an adult, studying and using tarot cards on my own, and have several books I read and learn from and use as reference. This one is by far my favorite so far. I really like the style, the way the author speaks about using tarot and the format of this book. It is not a scholarly tome but a user's manual, which is what I was looking for. I really love this book.

Even though this is a teen book, my five year old loves it, and we read it like a chapter book at bedtime. I suppose it's the girly decoration that attracts her. She now focuses and recognizes Waite cards easily.

The Girls Guide to Tarot provides a simple and fun beginning for anyone interested in tarot cards. Some books over complicate things and use terms that are hard to understand, but this book offers

step by step instructions and clear explanations. When I started learning to read tarot I felt very overwhelmed, luckily my high school library had a copy of this little gem! I enjoyed it so much that I later bought a copy for myself and I can't recommend it enough!

## SIMPLE AND EXPLAINS ALOT!

I own a few Tarot books and enjoy working with the cards on occasion. Girl's Guide to Tarot is one of the better ones I've come across. While most books have something to their credit, Tarot is a complicated subject and I confess I did not expect this amount of depth in an intro book for young girls. I took it out of the library for a book club meeting where the book involved Tarot. Parents will appreciate Ms. Olmstead's careful use of language when she describes the kinds of answers a person can get from the Tarot and her sound advice about using the cards. "Be careful that you don't rely too much on the Tarot to handle the little things in life. If you are asking if you should wear the blue or the green sweater, you know you've gone too far. The Tarot should be an extension of your daily life, not a controlling force." This attitude is reinforced throughout the book, which I think a very responsible thing. A young girl could easily get sucked in to thinking Tarot will tell her future. The author makes it clear the cards can present possible resolutions to problems, but the future is something to be created by the reader. This point is restated several times in various ways. The book contains an overview of the varied history of the Tarot, descriptions on how to shuffle, ask questions --excellent advice here-- "put a positive spin on it" "Don't ask, 'why can't my mom stop giving me such a hard time?' Rather "What can I do to increase understanding between Mom and me?" A section of very good, accurate card definitions, a wonderful section with very useful spreads. Teens may find the "what can I do to increase my self esteem" spread helpful. A section on journaling and caring for the cards, etc. Also some projects, even advice on making your own deck for the ambitious! In short, lots of good information here set out in a manner that encourages the reader to be non judgmental, to think carefully about problems and take positive action to solve them. Also the book does not have any Wiccan/religious viewpoints. These would not bother me, but this might be a concern for others. There are longer books out there for older audiences that are not nearly as good as this one. I wish I'd bought it sooner!

We ran across this delightful book at our local library during a routine trip with the wee ones, and what a wonderful find! It is written for girls ages 12 and up, but we think its appeal is much farther reaching. All 126 pages are brightly and softly illustrated; there is nothing dark, scary and mystical

here. It starts with a brief introduction and history, and gives a novice reader a good idea about what Tarot is and is not. There are simple step by step instructions, and sections on how to pick out a deck, storing your deck, and how to create your reading environment. The Major Arcana descriptions are a page each, using the Rider/Waite/Smith deck for illustration, and the author refers to these as the "Destiny Cards". The Minor Arcana descriptions are two per page, and are referred to as the "Free Will Cards". There are fifteen pages of spreads, from the most basic using 2 cards up to using 18. We were pleasantly surprised to find a section on designing your own spreads as well as finding your birthday Trump card. The closing section will appeal to those crafty sort, with instructions on how to make your own Tarot decks and bags. We thoroughly enjoyed this book - it presents such a fresh, new approach. Our only wish is for a bigger section on reversals, but overall this is a good beginner book for a young reader, and one we wouldn't hesitate to recommend!

It was 2004 or 2005 when I came across this book, and I must say that it is a huge shame that it is no longer published. I feel very lucky to have a copy, as this was my first book on tarot. It is exceedingly simple to read, not nearly as overwhelming as other introductory books that I have read. The layout is also clean, simple, and spread out quite nicely, along with beautifully whimsical illustrations that puts a budding reader at ease. I have my own tarot deck, and while I am not a certified tarot reader, I do enjoy reading my cards, and always have this book by my side to consult. It has been an immense aid to me, and my readings turn out quite accurate! If one asks me for a reference on tarot, I would definitely recommend this book. It is such a shame it is no longer produced.

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