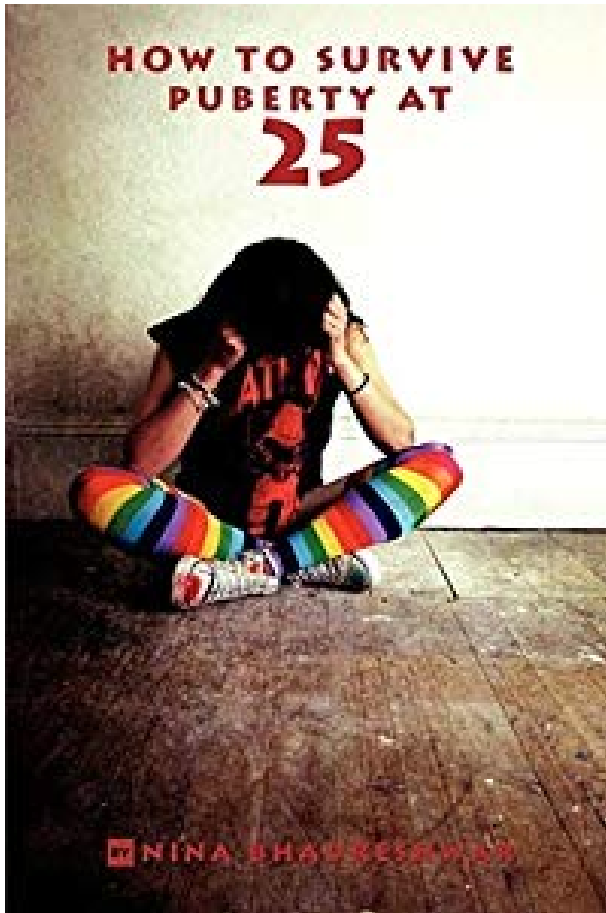


How to Survive Puberty at 25



Author:	Nina Bhadreshwar
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[How to Survive Puberty at 25.epub](#)

'How to Survive Puberty at 25' or rather guns, gangs, family, bullies and puberty is the true story of Nina Bhadreshwar, a young journalist, and her journey through others' stories to her own sanity after 14 years of anorexia and suicidal depression. Puberty is always painful. It is particularly painful when you are 25 years old and then living, as a British mixed race broke ass lass in Watts, Los Angeles shortly after the L.A.

riots. And it becomes undeniably explosive when the said overaged adolescent is recruited to work for, write for and be the voice for Death Row Records in Westwood, Los Angeles. How Nina navigates her way through her cultural confusion and anorexia also becomes the chronicle for the little-known real behind-the-scenes of the history-changing episode that was Death Row Records and Los Angeles 1994-1996.