

*Queen Bees and Wannabees*

By Rosalind Wiseman

Psychology/ non-fiction

336 pages

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*The Psychology Behind Mean Girls*

By Olivia S

Who's in? Who's out? Who's cool? Who's not? Almost every person at one point in their life has had these thoughts run through their head. In Rosalind Wiseman's book *Queen Bees and Wannabees*, she writes on how to parent teenagers, most specifically teenage girls, and explains why they feel the way they typically do.

Rosalind Wiseman received a degree in political science at Occidental College in Los Angeles. Wiseman moved back to Washington D.C., where she grew up, and got involved in self defense with a group of high school girls. She began to love helping them; this is how she started her career. She wrote *Queen Bees and Wannabees*, but also *Masterminds and Wingmen*, *The Guide: For Guys*, and many other publications. This book focuses on the dynamic of teenage girls while her other books focus on boys, and other topics concerning high school.

A major idea and goal Wiseman wanted to accomplish was to have the reader, whether it be a parent, teenager, or teacher, to really think about how teenagers process these life changing events. Her take-away message was to understand a way of thinking,

like being a teen again. I feel like she did accomplish this goal. Once you finish, you see what she calls “girl world” from a different perspective. Wiseman used quality-writing techniques to move the book along. For example, when her writing was too wordy to get the point across, she would bullet the important messages for the reader from each section in the chapter. This way, you know what is generally important to remember and apply to what’s going on. She also got direct quotes from teenagers experiencing the changes she discusses. “Yes, we’re exclusive, but its just popularity. I am the queen bur I’m not mean. People exclude themselves. Nobody else has the power to do that. I’m perfect and I’m not in denial.” - Anonymous Queen Bee. The author got them from different perspectives: some from the “queen bee,” and some from the “Wannabees.” This also made it interesting because you are able to see both viewpoints, how each person interprets each event occurring in the teenage female jungle.

Although this book is full of insight, it’s fatal flaw lies in the author’s intended audience. It would not usually appeal to a high school student, partly due to the fact that it is written about high school and middle school students’ behavior from an adult’s viewpoint. This could make the book boring and uninteresting. I think a female high school student could be interested in the book because it is the physiological basis of the movie *Mean Girls*, which almost every girl can relate to and loves. Teenage girls may also enjoy reading this book because you are able to personally relate to every section about the book. Whether it was about fighting with your friends or your parents, the conflicts are very common and relevant. Wiseman writes in a style that you can connect on a deep and personal level with her words. You begin to feel like you are not alone, like everything that is occurring is not unusual for people, and that eventually; it will blow

over and be forgotten about. Also, the teen can see why our parents react the way they do and why they parent in a certain way.

Due to the fact that this book is mostly written about teenage girls, I feel that most teenage boys would not be interested in reading this book. I do think this book is very important for a parent raising a teenage girl or even working with them. I believe that it is crucial for even teachers to read this book.

Whether teenage girls, boys, or even parents currently or used to identify as “queen bees” or “Wannabees,” this book helps to unify and relate the struggles of adolescents. In an organized and clarified writing style, Rosalind Wiseman helps alleviate a sense of loneliness and being misunderstood that comes with growing up, as well as helping lost parents navigate the scrambled minds of their teens. Highly recommended, *Queen Bees and Wannabees* proves that the madness that is “girl world,” despite what it can seem like, does not last forever.