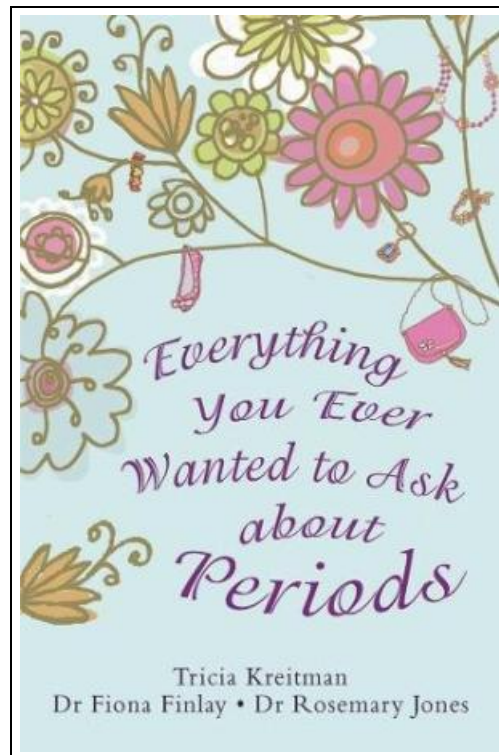


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Templar Publishing, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. Growing up may be normal but doesn't mean it's easy! Do you have a million questions about periods? Or can't you even bear to think about them? Talking about this subject can be really difficult - so here's a guide based on real questions, that thousands of real girls have already asked. Girls are maturing at a younger age and this book will be an invaluable guide for anyone from eight to eighteen. It covers:-How do you know when your periods are about to start?-What will it really be like?-Who do you tell?-What do you use?-Are you different once your periods start?-Common questions and problems, and much more. The authors have been listening to what girls really want to know for many years. Dr Fiona Finlay and Dr Rosemary Jones are both consultant paediatricians, and Tricia Kreitman is an experienced advice columnist. This eminently qualified trio have written a highly readable, accessible and reassuring guide, which has received the approval of the Family Planning Association.



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