



The Ultimate Girls' Guide to Understanding and Caring for Your Body

By Lluch, Isabel B.

WS Publishing Group, 2009. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Adolescence can be a tricky time. From periods and puberty to health and hygiene to fashion and beauty, every preteen girl has questions she'd like answered. The problem is many girls feel embarrassed or aren't sure who to ask. This book was written by two teenage sisters, Isabel Lluch, age 16, and Emily Lluch, age 13. They know firsthand the issues that most girls experience during puberty. In addition, this book offers valuable information from noted health care, nutrition, fitness, dental, psychology, and beauty experts. The Ultimate Girls' Guide offers insight and advice on every important topic in a preteen girl's life, including sections on makeup, acne, body hygiene, bras, periods, healthy eating, sports and fitness, and even stress, depression and eating disorders. Girls will appreciate the expert advice, offered in a straightforward, easy-to-understand manner, and will happily identify with the young authors and their peers. Additionally, each chapter is filled with tips and fun facts that can be used on a daily basis. Isabel and Emily answer questions about puberty and changes from 9 girls of different backgrounds and ethnicities. More...



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A top quality ebook and the typeface used was interesting to read through. It is rally intriguing throgh reading through period. You wont feel monotony at anytime of the time (that's what catalogues are for relating to when you ask me).

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