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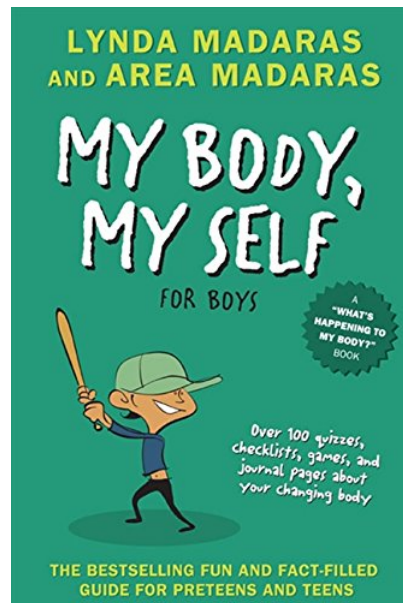

THE BESTSELLING GROWING-UP GUIDE FOR PRETEENS AND TEENSWhy is my voice changing? When will I get hair on my face? Is this normal?This fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games,and illustrations throughout, My Body, My Self for Boys also includes journal pages and lots of personal stories addressing boys concerns, experiences, and feelings during this new stage of their lives.

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