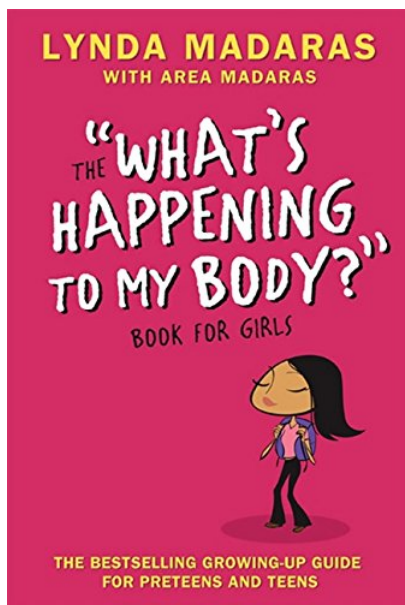


R9QNe [Free PDF File] What's Happening to My Body?

Book for Girls: Revised Edition



CONTINUE ►

Everything preteen and teen girls need to know about their changing bodies and feelings. Written by an experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up. Selected as a Best Book for Young Adults by the American Library Association. Book Details: Format: Paperback Publication Date: 6/6/2007 Pages: 288 Reading Level: Age 12 and Up

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