

The Period Book A Girls Guide To Growing Up

The supercool puberty and period book for girls ages 8,9,10,11,12 is here new version Looking for an easy, essential illustrated guidebook for young which help girls feel confident about this new phase of their lives. Learn all about your period and find out if you need to see a doctor? What does it feel like to wear a pad? What if you get your period at school? Erica grace has written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons how to talk to your parents about it. The Period Book for girls will help guide you through all the physical, emotional, and social changes that come with your period, See the easy way of dealing with pimples, mood swings, and new expectations from friends and family. Using simple explanation and images to ease the confusion and exasperation you might feel, and celebrate your body and its changes too . GRAB A COPY AND SEND MORE AS A GIFT. CLICK THE ORDER BUTTON NOW

A sensitive, detailed and informative guide to female puberty, invaluable for young girls and parents alike, tackling key subjects from physical changes to buying their first bra. Bright, stylish original colour illustrations and diagrams reveal everything young girls need to know about the changes they experience as they near puberty.

A woman's health is very important to her. I created this PMS or Period Tracker for teens, girls and women that go through various complications or problems a woman might come upon during this time of her life. Doctors were impressed!!It's important for women and girls to keep track of their menstrual cycle - it helps them stay healthy, learn more about their bodies and

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can help them realize when something is wrong. This cute journal is designed for younger girls to learn how to track their cycles - the illustrations are cute and simple, making it a perfect introduction to the world of womanhood. This is a completely unique, hand-illustrated journal interior (no clip art was used in this journal's design). Each page includes places to record menstrual flow, emotional health, physical health and other notes!*

- * Symptom tracker for PMS
- * Days 1-7 of a period*
- * Undated monthly calendar to record menstrual flow*
- * Shopping list*
- * Blank pages for notes at the back of the book*
- * Feminine subtle flower theme interior*
- * Pocket size 6" x 9" and 110 pages*
- * Soft glossy cover

Written by autistic author Robyn Steward, this is a detailed guide for young people aged 9 to 16 on the basics of menstruation. Created in consultation with young people, an online survey and a group of medical professionals, this is a book that teaches all people about periods, which can be a scary and overwhelming issue. Promoting the fact that everyone either has periods or knows someone who does, the book reduces the anxiety girls face in asking for help. It offers direct advice on what periods look and feel like and how to manage hygiene and pain. It also breaks up information using flaps and step-by-step photos of how to change pads and tampons, it discusses alternatives to tampons and pads, and gives information about possible sensory issues for people with autism.

Young girls first puberty and period handbook for girls aged 8,9 10 11 12 who are going through puberty. when growing up as a girl, puberty may be a tough period, and it's understandable if she doesn't know who (or what) to ask. this book is a comforting introduction into the world of puberty literature for girls, encouraging them to embrace puberty with enthusiasm and confidence. This age-appropriate sex education book provides the answers

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you're searching for in a manner you can connect to, from period care to strange hair in new places. This body-positive top pick in books on puberty for girls covers everything from bras to braces and provides helpful advice and support when you need it most. Puberty may be a difficult time for pre-teens and their parents, from periods to social pressure. The Girl's Body Book, now in its fifth edition, helps girls and their parents prepare for puberty, middle school, and all in between, including current concerns like school safety. Also exercise so your body is fit, happy, and ready for the changes ahead, in addition to suggestions on handling strong emotions, finding friends, and more. Discover what occurs, when it happens, and why your body (and mind) are wonderful in every aspect throughout puberty. Learn how to resist peer pressure, remain safe on social media, and maintain the proper sort of friends using social skills. body care advice Choose the appropriate meals, workouts, and sleep pattern to maintain your evolving body at its best, with guidance you won't find in other girls' puberty books. This all-inclusive selection of puberty books for girls is the ideal resource for navigating adolescence with ease. **CLICK THE ORDER BUTTON GRAB YOUR COPIES FOR THE GIRLS YOU LOVE** This book is suitable for girls, teens and women from all walks of life. This pocketbook can help keep track of monthly period dates especially if you are someone who simply wants them written down. You can use this journal to assist you on a monthly basis. Keep track of your periods, PMS symptoms and menstrual flow for up to four years with this handy journal. **PERFECT FOR:** Girls and women who want to monitor their menstrual cycle and chart important dates Being aware of period symptoms and keeping track of what helps and what does not Irregular monthly cycles Adding to a first period kit Keeping track of natural fertility Symptom tracker for PMS and Days 1-7 of a period Undated monthly calendar to record

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menstrual flow Boob check reminder Shopping list Blank pages for notes at the back of the book Feminine subtle flower theme interior Pocket size 6" x 9" Soft glossy wipeable cover American girls undergoes lots Puberty changes. although this is common to millions of young girls, the changes each person experiences is unique. The Supercool menstrual cycle book for girls ages 8-12 book will help you understand how to handle this changes. When you order a copy of the supercool period book for girls, the author explained in simple language with pictures. Find out everything girls need to know about breasts and bras, their period, hair here and there, feelings and friends, and so much more. Your body is special and unique .!

Supercool ways expressed have been medically proven to yeild results. and its among the top bestsellers puberty books for girls ages 8, 9, 10, and above. In this book you will find questions and answers that girls have about puberty. if you are an american girl then read this sex education guide. Facts about your body and what to expect when you are on your period. NoW You can read this book with your parents.(dad and mum) be informed and be empowered for change. Parents, school teachers and Guidian Counsellors will also find this book useful.

ORDER A COPY now click the buy now button and see amazing results .

Becoming a teen is an important milestone in every girl's life. It's even more important to get answers and advice to the most common health issues girls face from a trusted source. The American Medical Association Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your

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feelings about boys The importance of eating the right foods and taking care of your body Your reproductive system inside and out Starting your period—what it means and how to handle it Thinking about relationships and dealing with new feelings Check out all the facts about periods and growing up with this essential guide for girls only This book focuses on the practicalities of periods, the social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know, and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls of primary school age as it provides information at the right level. The tone is positive and reassuring, and complemented by quirky illustrations throughout.

Girls It's Time For a Change is an incredible resource for girls entering puberty and starting their periods. Whether they've already begun their period, or are impatiently waiting, every question they could possibly have is answered with great care and warmth by author Joan Reid. Chock-full of information and covering a multitude of topics, this book is a lifesaver for parents and caregivers of prepubescent daughters. Let's face it. Menstruation is a touchy subject, yet something that cannot be avoided. While one child may be anxiously waiting for the day she starts, another may be full of trepidation and fearful of the changes to come. No worries. The answers are here. Inside you'll find chapters that cover: The Reality Developmental Changes Personal

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Hygiene What to Wear Who to talk to Tips on which sanitary products to use And so much more Menstruation is a multi-faceted condition, with symptoms ranging from irritability and discomfort to mood swings and migraine. Your daughter doesn't have to face it alone. Not only does the book's content address the emotional aspect of a girl period, it comes complete with diagrams and full-color graphics to clearly explain the physical transformation. Girls It's Time For a Change is a book every girl needs to have in her library. In addition, it includes a Period Planning Calendar and a Diary for keeping track of her feelings throughout the month. For even more information, she'll be encouraged to visit www.girlsitstimeforachange.com, a website created as a companion to the book."

The essential guidebook for every girl. The Period Book is a reassuring must-read for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone. With more than 300,000 copies sold, The Period Book stands out from the pack by specifically addressing younger girls. And with eleven now the average age at which girls get their period, this supportive and practical approach, providing clear and sensitive answers to common questions, is even more welcome today. The revised edition includes a new introduction for parents and an additional chapter about body image.

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signs and symptoms-How pregnancy happens-When pregnancy can happen (SPOILER: not every day!)-Period irregularities-What to do when you experience period irregularities-How to get answers when your period is irregular-HOW TO HAVE A BETTER PERIOD!

By drinking a secret drug he has created, a kind and well-respected doctor can turn himself into a murderous madman.

Join these three friends of Hamilton Primary School – Anabel, Ada and Misha on an interesting and exciting weekend adventure of discovery. They may be of different ethnicities, but for them, one thing is common: the wonderful changes that occur in their bodies as they grow. Period or menstruation is not a choice but rather an integral part of most girls lives as they reach puberty. However, there is a huge gap in period education and awareness. This is because most parents or caregivers find it an awkward topic to discuss. In other cases, it is a topic shrouded in secrecy as though it were a taboo. This should not be so because period is part of the reproductive system of a girl. The Period Comic has been illustrated to help young girls learn about periods in a fun and intriguing way, build their confidence and knowledge about the changes happening in their bodies as they grow. It is a must have for all girls from age 9

Simplified Chinese edition of It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends

"Celebrate your body (and it's changes, too!) is your guide to understanding and loving your

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body - now and as it continues to change. Here's everything you need to know about breasts and bras, your period, hair here and there, feelings and friends, and so much more. You'll find support and encouragement in these pages that will help you navigate this whole puberty thing. Think of this book as your new best friend that will help you learn about - and celebrate - your amazing, changing, one-of-a-kind body!" --Cover.

Your period is nature, beautiful, inspiring, nature. Reading this book will help uncover how periods have been kept in the dark, and by the end you will find yourself closer to feeling The Moon In You. You will go on a journey that happens inside of you, a story that unfolds as you realize--your period is a rite of passage.

Track your period : Tracking and monitoring changes in your body during puberty is very helpful. This period tracker will help you to know your body, mood patterns, and activity levels so you can easily schedule your adventures without worrying about the unexpected visits of your menstruation or being unprepared for your beloved period. This monthly calendar tracker would be a great gift for any girl who has just started having their monthly cycle Keep track of your Mood and Period cycles with the help of this monthly journal. Scroll up and order your copy.

Celebrating over twenty years in print, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty--now updated with new content relevant to today's kids--is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on

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periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on: - getting braces - bra sizing - shaving - relatable anecdotes from real girls - changing friendships - romantic feelings - dealing with sexual harassment both on social media and in real life Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

Discusses the physical and psychological changes at the onset of menstruation. Includes a guide for parents and teachers.

Get the Paperback AND GIFT SOMEONE TODAY This puberty book for girls ages 8, 9, 10 and up is written to guide american girls who will be experiencing their first period. a period book for growing up girls guide to growing up hormones and becoming a woman.

Puberty comes with a lot of changes. amazing puberty book for girls 8-12 year olds guides you through what happens in your Body (And Its Changes, Too!) learn how to love your body and care for it too. For many girls, puberty can be an uncertain time. amazing puberty book is for the american girl includes everything girls need to know about breasts and bras, their period, hair here and there, feelings, emotions and friends, and so much more. This book will help as she begin to understand herself. parents and counselors can read and recommend it too.

Among puberty books for the american girls, amazing puberty book for girls 8 -12 year olds offers soothing support while answering real questions that girls have about puberty. Positive, judgment-free, and medically accurate, this book discusses puberty in a way to which young girls can relate. here are some of the useful information it contains An overview of puberty that explains what happens, when it happens, and how she'll know Read about lots of changes in body, mood, and relationships? and how to confidently approach these changes that occur in

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Chapter 11 ?????????? ?????????????????? ?????????????? ?????? ? ? ? ? ?

This Best-selling puberty and period book for girls just got much better. You will find so many answers to your questions about your body, changes, taking care of yourself, keeping healthy friends. In this book, you will learn and re-learn on everything girls need to know for growing up. Ranging from: Parenting tips Social skills Body changes Physical development Emotional development Cognitive development Purpose of bra training Peer pressure (it's purpose, types, advantages, and disadvantages) Modeling good examples Practicing socialization Anxiety and depression. And many more, you have to get a copy of this book for your girl.

"Information and anecdotes about puberty, for girls, from the founder of the popular website HelloFlo.com"--

A traumatic event near the end of the summer has a devastating effect on Melinda's freshman year in high school.

Ruby Luna starts her period at 10 years old and keeps a diary for the next two years all about the menstrual products she tries and the things that happen to her and her friends. It is aimed at 10-12 year olds, but would be suitable for any girl starting her period earlier than that. It also covers the transition from primary to

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secondary school. It is written with humour to keep the topic light and entertaining, but includes lots of information from the impact of diet on periods to when girls historically started menarche (first period) in an accessible way. (/br) (/br)Ruby Luna's Moontime is a follow-on book from Ruby Luna's Curious Journey for 5-9 year olds on female anatomy, but it can be read independently. "It's great! I think it will really appeal to teens too! I think it covers a lot of things that girls want to know about. This diary is funny, packed full of useful information and will help girls feel confident about periods and body changes. Great job!" Anna (13) "I had fun reading this book with my mum. There was great practical advice on periods, and I enjoyed reading a story that reflected my own experience of starting my period and transitioning from primary to secondary school." Rosie Davis (12) "My daughter found the prospect of reading a book about puberty and periods less than inspiring but she has always loved being read to so Tessa's book was just the ticket. At 12 having started her period at 10 she felt super knowledgable when we began to read together. We enjoyed chatting about the story and how it related to her own experience of ending primary and entering secondary school. We also chatted about all the period related issues brought up so cleverly in the book. If you are looking for a novel to share with your pre-teen that is fun, informative and that will bring you closer to

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your daughter look no further. Although my daughter is 12 we both felt that this would still be a great book for a 9-10 year old, especially if she is an early bloomer. This is a much-needed book - fiction is the best way to teach pre-teen girls about the changes taking place in their bodies and the practical issues that can impact them. Well done Tessa on writing this much needed book." Julie Davis (mum) "In my capacity of talking to secondary school children about puberty, there is a vast difference in what kids know or believe, so a resource like this will help put the record straight in an enjoyable and educational way." Sharon Sneddon, Lecturer in Reproductive Medicine "I like the way the diary pointed out that most teachers are approachable and supportive in regard to children who have started their periods, regardless of how young they may be when this happens, and raised common issues such as going swimming at school and when the children are taught about periods at primary school." Mrs Mirbel, Deputy Head of Micklands Primary About the Author TESSA VENUTI SANDERSON teaches menstrual cycle awareness to girls and women and facilitates Celebration Day for Girls gatherings where menarche (first period) is seen as a rite of passage and an opportunity to enhance body image and self-esteem. She has a PhD in Medical Sociology and is also a women's yoga teacher. Learn more at www.cyclicalwisdom.com and www.tessayoga.co.uk.

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Trusted by families for over 20 years The Puberty Book is the classic puberty book for girls and boys aged 9-14. Children and teenagers usually have lots of questions about what happens to them during puberty. Since its first publication The Puberty Book has helped over 140,000 families answer those questions by providing up-to-date information on sex and sexuality, health and wellbeing, relationships, pregnancy and birth. It answers common questions asked by boys and girls aged 9-14 such as: What does it feel like to have a period? How are sperm made? Does sex hurt? What's a wet dream? How does the milk get into breasts? How do you ask a girl on a date? This bestselling book was inspired by the authors' real work with real kids and real parents in real situations. This book is suitable to be given to your child so they can read it alone, and it can also be used as a valuable resource for parents.

A simple and reassuring introduction to periods and body changes for young girls aged 7 and up. This easy-to-understand, straightforward book gives clear advice for young readers who want to understand more about the changes in their body that happens during puberty. The clear, friendly approach explains what puberty is, what changes might happen from getting hairy to growing breasts, as well as explaining all about periods, answering the many questions girls might have, such as: how long do they last; what are period pains; how do I use sanitary

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products? There is sensible advice about healthy eating, exercise and keeping clean as well as how to tackle any emotional ups and downs and tips for boosting self-esteem. Questions and answers throughout will help dispel any myths and give gentle advice. Suitable for all ages, and in particular for any young girls experiencing early puberty.

Your period is nature, beautiful, inspiring, nature. Reading this book will help uncover how periods have been kept in the dark, and by the end you will find yourself closer to feeling *The Moon In You*. You will go on a journey that happens inside of you, a story that unfolds as you realize--your period is a rite of passage. See more at www.littleredslibrary.com

The Period Book A Girl's Guide to Growing Up Bloomsbury USA Childrens
Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. *The Girl's Body Book* is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have. Topics include: From hair care to high heels, a head to toe guide to what's happening with your changing body Dealing with your friends even when they don't want to deal with you – and how to handle “Mean Girls” Your guide to the care and keeping of parents, teachers, brothers, and sisters Sports, music, math, art, reading: finding

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out what you like and learning to like who you are

Erin's Period Book uses simple language to explain the scary process of menstruation. Detailed photographs show young ladies how to change a pad. This book is a wonderful tool to teach girls with developmental delays how to take care of their feminine hygiene needs, at home, school or in the community.

Reaching for the Moon is the girls' version of Lucy H. Pearce's Amazon bestselling book Moon Time: harness the ever-changing energy of your menstrual cycle. For girls aged 9-14 as they anticipate and experience their body's changes. Beginning with an imaginary journey into the red tent, a traditional place of women's wisdom, some of the gifts and secrets of womanhood are imparted in a gentle lyrical way, alongside practical advice.

Reaching for the Moon is a nurturing celebration of a girl's transformation to womanhood. Lucy H. Pearce is the mother of three, and author of five books for girls and women. A must-read for all our daughters! Melia Keeton-Digby, author, The Heroines Club A beautiful, insightful book that every girl should have clutched to her heart... the most life-affirming gift you could offer. Wendy Cook, Founder, Mighty Girl Art(TM) For our daughters and their mothers, thank you.

ALisa Starkweather, founder, Red Tent Temple Movement

Follow your period and PMS symptoms for four years in this adorable logbook!

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PERFECT FOR : - Anyone who wants to be more conscious of their menstrual symptoms and follow what helps them - Anyone dealing with PCOS, irregular periods, fertility issues - Anyone who wants to follow their fertility journey ON VEDETTE : - Monthly schedules to follow your periods - Tips and tricks for dealing with PMS symptoms such as cravings and bloating as well as cramps to help you overcome your monthly bleeding. - A handy worksheet at the end of each year to track the regularity of your periods. - Beautiful matte finish cover measuring 8.5" x 11". Menstrual cycle symptoms, calendar girls, points tracker, calendars girls, menstrual calendar, period symptoms, period journal for teenagers, bicycle journal, the calendar girls, pms book, period books for teen girls, pms tracker, menstrual cycle tracker, menstrual cycle book, pms book for girl, calendar with girls, diary of a stalker, calendar tracker, periods tracker, teen period, calender girl, teen girls journal, period and ovulation tracker, bicycle calendar, diario for girl Period calendar, calendars with girls, menstrual cycle books for girls, cycle tracker, infertility journal, journals girls, teen journals for girls, menstrual period, menstrual cycle calendar, menstrual cycle, calendar for tracking, menstrual symptoms, calandar girls, calendar journals, calendar for teens, a journal for girls Spring and autumn period, journal with calendar, girl calender, girls period, 4 year calendar, teen period tracker, teen tracker, the

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tracker, my first period starter kit, a diary of a young girl, ovulation and period tracker, the diary of a young girl, log calendar, calendar log, diary of a young girl, calendar for girls, puberty apps 7 period teacher planner, the period book, journal for teens girls, cycles for girls, monthly journal, journal for teens, care and keeping of you journal, period tracker, my first period kit, health journal tracker, calendar girls script, teen girl journal, teen calendars, girls journal diary, girls journal and diaries, girl diary journal Fitness tracker journal, journal for teen girls, journal calendar, journal girls, girls journal, girls journals and diaries, first period kit for girls under 12, picasso blue and pink period, duckies for women, kitty journals, period tracker journal for girls, mark keown, books for girls period Tracking fertility, menstruation cycle, pms help, a girls guide to personal hygiene, cat diaries for girls, journal bibles for teen girls, journal for girl, teen tracking, book just between us, monthly calendar books, journal for young girl, period apps, teen sanitary, the diary of a young girl unabridged, calendars for girls, cat trackers, always be my girl, heavy menstrual, girls calender, the tracker book, diary log book, kitty tracker, teen hygiene book, my tracker, stalker cat P tracker, the girl and the bicycle book, my calendar period tracker, pool tricks, book tracker, journal for young girls, period diary, sanitary balm, ovulation tracking, girl calendar, flow tracker, calendar log book, cat cycle, striped planner, with tracker,

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bicycle diaries, tracker for cats, tracker cat, teen girl bible journal, earthgirl pads
Calendar girl book, fitness journal tracker, ovulation tracker, calendar girl books,
calendar diary, young teen books for girls, fitness calendar planner, teen period
starter kit, period calendar for teens, period calendar tracker, symptom journal,
diaries for young girls, tracker journal, diary young girl, cat journal, period kits for
tweens, period books for girls, period book

A friendly, reassuring and positive guide for girls as they approach puberty, explaining the changes that will happen to their bodies as they grow up and how these changes might make them feel. Covering everything from periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She reassures readers and boosts their confidence, encouraging them to feel positive about the changes they will experience as they go through puberty. The book also includes lifestyle advice on topics like healthy eating and exercise, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The

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power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too 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.

[Copyright: da9f90d2cf0b5aa1d6a4f39cb621a822](https://www.amazon.com/What-Happening-My-Body-Book-Girls/dp/0060242111)