



Book for Girls (Revised edition)

By Lynda Madaras, Area Madaras

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Book for Girls (Revised edition), Lynda Madaras, Area Madaras, 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.



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Reviews

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