

The Girls Body Book

For every tween girl wondering about her changing body and changing brain, this funny and highly illustrated guide is the answer. Packed with advice about everything from periods to bras to body hair—PLUS tips on how to deal with crushes, new emotions, and all the chaos in between! Growing up is fun . . . but it's tough, too. There are a lot of unknowns and it can be weird and messy for girls. Worry not! This book covers EVERYTHING girls need to know, and it's all been reviewed and fact-checked by medical consultant Dr. Radha Modgil. Learn how: To make your body your best friend (not your enemy). To get out there and do YOU (even when you don't want to move off the couch). The thoughts and feelings that make you feel alone are shared by every girl on the planet. To feel amazing through exercise, nutrition, and skin care. And so much more! Great for those who loved The Care and Keeping of You or What's Happening to My Body?

A real pediatrician and the author of the bestselling Care & Keeping of You series provides tips, how-tos, and facts about boys' changing bodies that will help them take care of themselves. Full color. What if every young girl loved her body? Love Your Body encourages you to admire and celebrate your body for all the amazing things it can do (like laugh, cry, hug, and feel) and to help you see that you are so much more than your body. Bodies come in all different forms and abilities. All these bodies are different and all these bodies are good bodies. There is no size, ability, or color that is perfect. What makes you different makes you, you--and you are amazing! Love Your Body introduces the language of self-love and self-care to help build resilience, while representing and celebrating diverse bodies, encouraging you to appreciate your uniqueness. This book was written for every girl, regardless of how you view your body. All girls deserve to be equipped with the tools to navigate an image-obsessed world. Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! Ready, Set, Grow! Young girls before the onset of puberty have a curiosity about their soon-to-be changing bodies that needs addressing in a simpler way than for their older sisters. In Madaras's proven, trustworthy, friendly voice and style, this entirely new book now brings them the same kind of thoughtful, down-to-earth information—but at a reading and comprehension level that's just right for them. Responding throughout to real life questions and observations from younger girls, Madara explores the changes that are happening, or about to happen, to them, including: the development of breasts, body hair, and body fat; the changes in their reproductive organs, both inside and out; their first period and all the complex feelings surrounding it; the unwelcome appearance of acne and new body odors; and, perhaps most important, how to respect and celebrate their unique bodies, even when the outside world is not always so accepting. Lively cartoon drawings throughout make the book not only helpful, but fun to read, too.

Read Online The Girls Body Book

What's Happening to My Body? Book for Boys
Love Yourself and Grow Up Fearless
Daily Meditations For Working Through Grief
The Girls Body Book
The Lottery
I'm a Girl
Girl Talk

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

Four young Black sisters come of age during the American Civil War in *So Many Beginnings*, a warm and powerful YA remix of the classic novel *Little Women*, by national bestselling author Bethany C. Morrow. North Carolina, 1863. As the American Civil War rages on, the Freedpeople's Colony of Roanoke Island is blossoming, a haven for the recently emancipated. Black people have begun building a community of their own, a refuge from the shadow of the "old life." It is where the March family has finally been able to safely put down roots with four young daughters: Meg, a teacher who longs to find love and start a family of her own. Jo, a writer whose words are too powerful to be contained. Beth, a talented seamstress searching for a higher purpose. Amy, a dancer eager to explore life outside her family's home. As the four March sisters come into their own as independent young women, they will face first love, health struggles, heartbreak, and new horizons. But they will face it all together. Praise for *So Many Beginnings: A Little Women Remix* "Morrow's ability to take the lingering stain of slavery on American history and use it as a catalyst for unbreakable love and resilience is flawless. That she has remixed a canonical text to do so only further illuminates the need to critically question who holds the pen in telling our nation's story." —Booklist, starred review "Bethany C. Morrow's prose is a sharpened blade in a practiced hand, cutting to the core of our nation's history. ... A devastatingly precise reimagining and a joyful celebration of sisterhood. A narrative about four young women who unreservedly deserve the world, and a balm for wounds to Black lives and liberty." —Tracy Deonn, New York Times-bestselling author of *Legendborn* "A tender and beautiful retelling that will make you fall in love with the foursome all

over again." —Tiffany D. Jackson, New York Times-bestselling author of *White Smoke* and *Grown*

An authoritative yet girlfriend-friendly health book for teen and tween girls written by CBS News Medical Correspondent Dr. Jennifer Ashton AS an ob-gyn specializing in adolescent care, Dr. Jennifer Ashton understands better than anyone that being a teenage girl these days is fraught with a special kind of angst. But in her practice she talks openly and nonjudgementally to her young patients like a good friend, answering each of their questions respectfully and with candor. Now she shares this advice in a no-holds-barred guidebook, based on her passion to cut through the embarrassment that girls often feel about their changing bodies and to arm them with the knowledge they need to make smart choices. A comprehensive guide from head to toe, *The Body Scoop for Girls* covers the basics of puberty and beyond, including: •Breast development and nipple bumps •The decision to wait to have sex, and the benefits of waiting •Birth control •The lowdown on STIs •Eating Disorders •Depression and hormone imbalances •Grooming, from hair removal to hygiene products •Body piercings Writing in a funny and fresh, girl-to-girl voice, Dr. Ashton has created a totally up-to-date health book that speaks directly to young women and the unique pressures they face today. From a doctor who "gets it," *The Body Scoop for Girls* makes the road to womanhood an empowering one.

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

All about Girls' Bodies and Boys' Bodies

Guy Stuff

The Care and Keeping of You Journal 1

The Boy's Body Book

How Porn Liberated Me from Hollywood

For Younger Girls

The ABCs of How We Learn: 26 Scientifically Proven Approaches, How They Work, and When to Use Them

The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have about growing up.

In an easy-to-read, interactive and concise format the authors provide the characteristics of a leader and a follower, and how and when to use each of these roles to achieve personal and professional success. Everyone has leadership abilities and the *New Leadership Challenge, 2nd Edition* helps nurses explore their personal characteristics and identify areas for improvement. the *New Leadership Challenge, 2nd Edition* is an important text that provides nurses with the tools necessary to advance their careers. Grossman and Valiga's book will inspire and motivate nurses to become leaders in a chall

Body image expert Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies.

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 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.

Everything You Need to Know for Growing Up You

The Ultimate Body & Puberty Book for Girls!

Growing Up Book for Girls Age 9-16, Puberty, Body Change, Sex Hormones, Menstruation Topics, Skin Issues

The Ultimate Puberty Book for Preteen and Teen Girls

Winner of the Jhalak Prize, 2021

A Straight-Talk Guide to a Healthy, Beautiful You

My Body, My Self for Girls

We're ready to answer all your questions! This fourth edition of the top-selling book for pre-teen girls has been fully updated and expanded to include everything you need to know about your changing body, texting and social media, friendship and peer pressure, leadership, and so much more! You're growing up! It's an exciting time with new freedoms, new friendships, even new clothes! But with everything that's changing--your body, your emotions, your relationships--you are bound to have. questions. Don't worry, The Girl's Body Book is here to help. Your Changing Body: What is this thing called puberty everyone keeps talking about and how will it affect your growing body? Your Changing Relationships: Your guide to the care and keeping of parents, siblings, friends, teachers, and yes, even boys. Your Changing Life: How to dress for success, be a good friend, eat right, and keep yourself safe in both the real and virtual worlds while still keeping your personal stress meter in the safe zone. There's a lot to learn about this next phase of your life. So what are you waiting for? Let The Girl's Body Book be your guide. Your whole life is waiting for you!

The "What's Happening to My Body?" Book for Girls Written by 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 is an essential puberty education and health book for all girls ages 10 and up.

The Boy's Body Book Everything You Need to Know for Growing Up YouTurtleback

A body-positive guide to help girls ages 8 to 12 navigate the changes of puberty Puberty can be a difficult time for a young girl?and it's natural not to know who (or what) to ask. *Celebrate Your Body* is a reassuring entry into puberty books for girls that encourages girls to face puberty with excitement and empowerment. From period care to mysterious hair in new places, this age-appropriate sex education book has the answers you're looking for?in a way you can relate to. Covering everything from bras to braces, this body-positive top choice in books about puberty for girls offers friendly guidance and support when you need it most. In addition to tips on managing intense feelings, making friends, and more, you'll get advice on what to eat and how to exercise so your body is healthy, happy, and ready for the changes ahead. *Puberty explained?* Discover what happens, when it happens, and why your body (and mind) is amazing in every way. *Social skills?* Learn how to stand up to peer pressure, stay safe on social media, and keep the right kind of friends. *Self-care tips?* Choose the right foods, exercises, and sleep schedule to keep your changing body at its best with advice you won't find in other puberty books for girls. This inclusive option in puberty books for girls is the ultimate guide to facing puberty with confidence.

Girls' Guide to Caring for Your Body

Love Your Body

Not-So-Silly Questions About Your Body

The Girls Body Book: Fifth Edition

Who Has What?

Healing After Loss

Celebrate Your Body (and Its Changes, Too!)

Girl Talk is the must-have advice book for girls navigating all things puberty and growing up! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Girl Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers. Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, leadership, and self-confidence so that you can be your best you as you journey through this new time in your life.

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 out what you like and learning to like who you are

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Discover your body's awesomeness with the puberty guide for tween and teen girls Puberty is one of the first signs that you're growing up--and that's something to be celebrated. If you're looking for body-positive puberty books for girls but aren't sure where to start--Celebrate Your Body 2 provides the support needed to navigate this whole puberty thing with confidence. From bras and braces to budding romantic feelings, this guide stands out among puberty books for girls as you become an expert on everything from pimples to peer pressure. Of all the puberty books for girls, this one will help you discover how your changing body is beautiful, special, and simply on the way to becoming the number one you. Celebrate Your Body 2 goes beyond other puberty books for girls, including: The shape of you--Explore how and why your body is changing with advice on mysterious hair, period care, and more. Cool and confident--Find calmness during mood swings and increase your self-esteem using creative suggestions and confidence-building tips rarely found in puberty books for girls. Close-knit vs. clique--Learn about choosing the right friends, finding a trusting ear, and the importance of consent. Your body is awesome--now start your journey right with Celebrate Your Body 2, one of the best in puberty books for girls.

The Care & Keeping of You

The Girls Body Book: Fourth Edition

A Guide for Students by Students

The Body Book for Younger Girls

A First Book About Facts of Life

What's Happening to My Body? Book for Girls

The Ultimate Puberty Book for Girls

'JENNIFER MAKUMBI IS A GENIUS STORYTELLER.' Reni Eddo-Lodge A SUNDAY TIMES, OBSERVER, DAILY MAIL, BBC CULTURE & IRISH INDEPENDENT BOOK OF THE YEAR A WATERSTONES BEST FICTION BOOK OF THE YEAR OPRAH MAGAZINE BEST OF 2020 A TIME MAGAZINE MUST-READ BOOK OF 2020 A GOOD HOUSEKEEPING BOOK OF THE MONTH (OCTOBER) A BOOKSELLER BOOK OF THE MONTH (OCTOBER) AN AL JAZEERA PICK: TOP BOOKS BY AFRICAN WRITERS, 2020 At once epic and deeply personal, the second novel from prize-winning author Jennifer Makumbi is an intoxicating mix of Ugandan folklore and modern feminism that will linger in the memory long after the final page. As Kirabo enters her teens, questions begin to gnaw at her - questions which the adults in her life will do anything to ignore. Where is the mother she has never known? And why would she choose to leave her daughter behind? Inquisitive, headstrong, and unwilling to take no for an answer, Kirabo sets out to find the truth for herself. Her search will take her away from the safety of her prosperous Ugandan family, plunging her into a very different world of magic, tradition, and the haunting legend of 'The First Woman'.

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The updated fifth edition of the #1 bestselling Girl's Body Book includes everything you need to know about growing up, even the embarrassing stuff. From periods to peer pressure, puberty can be a confusing time for pre-teens and parents alike. The newly updated fifth edition of the Girl's Body Book helps prepare girls and their parents for the ups and downs of puberty, middle school, and everything in between, including topical issues like school safety and #MeToo. Covering body changes, personal hygiene, self-confidence, and leadership, the Girl's Body Book helps prepare girls for puberty and beyond.

You have questions? We have answers to everything you need to know for growing up you! 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 covered 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," bullies, and cyberbullies * The care and keeping of parents, teachers, brothers, and sisters * Finding out what you like (from sports to art to music), and learning to like who you are * And so much more!

The Period Book

The Ultimate Girls' Body Book

Revised Edition

My Changing Body

The Girl's Body Book

The Body Scoop for Girls

How to Survive and Maybe Even Love Your Life as a Nurse

Because Growing Up Shouldn't Be a Mystery Girls' bodies do the craziest things! They can kick soccer balls and spin perfect pirouettes, or they can trip up the stairs and break out in zits. As you grow and your body goes through some pretty wild changes, you might be wondering things like: Why don't I look like her? I have to use that? Is this normal? And, Why is this happening to me? The Ultimate Body Book for Girls answers all those awkward questions you'd rather not ask your mom—at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you—no matter how weird growing up can be.

With humour and sensitivity, Boys, Girls & Body Science provides no-nonsense answers for children - and parents - with questions about sex. Specifically designed for young readers, Boys, Girls & Body Science walks children through the wonders of their bodies in a direct, easy-to-read manner. The story begins with Nicholas, 7, and Jenny, 5, learning about different types of science in their class - from ecology to the digestive system. Then Meg Hickling, a guest speaker, comes to talk to them about a new type of science. Hickling talks about the "science names" for the children's body parts, about good and bad touches and about making babies. She coaches the children not to be embarrassed or shy about body science: "We are going to make this just like a science lesson, we will learn to think like a scientist and we will learn the scientific names for our private

parts," she says. Hickling is a Registered Nurse who has been teaching sexual education for over 25 years. She is an outstanding educator, and her ability to convey difficult material with sensitivity, gentle humour and warmth distinguishes her as a remarkable teacher and role model. In this latest publication, Hickling brings her award-winning lesson into the homes, schools and libraries of inquisitive children everywhere!

What's happening to my body? Is this normal? This fact-filled journal and activity book makes it fun for girls 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 Girls also includes journal pages and lots of personal stories addressing girls' concerns, experiences, and feelings during this new stage of their lives.

An empowering, sex-positive, behind-the-scenes look at both Hollywood and the porn industry in this celebrity memoir unlike any other. Perfect for fans of *Pleasure Activism* and *How to Make Love Like a Porn Star*. Maitland Ward got her start in acting as a teenager when she was cast in *The Bold and the Beautiful*, but it wasn't until she joined the later seasons of the sitcom *Boy Meets World* that she got her first taste of fame. As the loveable, sexy (but not too sexy) co-ed Rachel McGuire, Ward soon found herself being typecast as the good girl next door and was repeatedly denied darker, more intriguing roles. So she made a career change—one that required her to turn away from the Disney universe—and eventually established herself as one of the most-respected actresses in the porn industry today. Now, Ward reveals the ups and downs of her fascinating career, including personal stories from her time on one of the most beloved shows of the 1990s, in this anything but a run-of-the-mill memoir. By showing Hollywood and triple-X stardom in a whole new light, she offers a fresh and stirring perspective on the sex industry. Ultimately a story of hope and triumph, *Rated X* is a sharp and provocative look at a former Disney princess who found her fairy tale in porn.

A What's Happening to My Body? Book for Younger Girls

How to Survive and Maybe Even Love Nursing School!

The First Woman

Celebrate Your Body 2

The Girl Guide

The Girls Body Book: Third Edition

Girls Body Book

The updated fifth edition of the #1 bestselling Girl's Body Book includes everything you need to know about growing up, even the embarrassing stuff. From periods to peer pressure, puberty can be a confusing time for pre-teens and parents alike. The newly updated fifth edition of the Girl's Body Book helps prepare girls and their parents for the ups and downs of puberty, middle school, and everything in between, including topical issues like school safety and #MeToo. Covering body changes, personal hygiene, self-confidence, and leadership, the Girl's Body Book helps prepare girls for puberty and beyond.

"This light-hearted, fun, fresh, and easy-to-read guide for nursing students by nursing students is full of practical information to help you cope with--and get the most out of--your days as a nursing student. It will help you keep on track with the ups and downs you are likely to encounter and keep you focused on why you chose nursing as a career. It includes tips, advice, resources, and stories from over 300 nursing students, new grads, and staff nurses."--Cover.

The "What's Happening to My Body?" Book for Boys 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 Boys gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, 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 boys ages 10 and up.

Discusses the physical and emotional changes that occur as a boy goes through puberty, covering such topics as body image, hygiene, eating habits, voice changes, dating, the reproductive system, sex, birth control, and pregnancy.

Boys, Girls & Body Science

The Girls' Guide to Growing Up

A Girl's Guide to Puberty & Periods

A Girl's Guide to Growing Up

50 Ways to Learn to Love Your Changing Body

So Many Beginnings: A Little Women Remix

An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care

and healthy eating to menstruation and acne. Original.

This Best-selling puberty book for girls is critically illustrated guidebook for teenage girls is a reliable companion that can make girls feel optimistic about new stage of life. A body positive guide to help girls know about their body change. for a young girl puberty maybe a tough time and it is understandable if she doesn't know what to do or ask. This book of puberty talks more on physical development, period, vaginal discharge, friendship, sexuality. I love myself puberty book is a reassuring introduction to puberty for young girls. You will get advice on how to take care of your skin during your period. IT IS VERY IMPORTANT THAT YOU GET THIS BOOK FOR YOUR HOME.

Provides tips and advice for girls on the topics of friendship, fashion, emotional issues, hygiene, and health issues related to puberty. The trusted, New York Times best-selling author of It's Perfectly Normal presents the first in a charming and reassuring new picture book series for preschoolers that answers questions that many children ask about themselves and their friends in an entertaining and straightforward way.

Rated X

I Love My Body

Boys

Ready, Set, Grow!

Everything You Need to Know for Growing Up YOU

The Body Image Book for Girls

The Body Book for Boys

Selected as one of NPR's Best Books of 2016, this book offers superior learning tools for teachers and students, from A to Z. An explosive growth in research on how people learn has revealed many ways to improve teaching and catalyze learning at all ages. The purpose of this book is to present this new science of learning so that educators can creatively translate the science into exceptional practice. The book is highly appropriate for the preparation and professional development of teachers and college faculty, but also parents, trainers, instructional designers, psychology students, and simply curious folks interested in improving their own learning. Based on a popular Stanford University course, The ABCs of How We Learn uses a novel format that is suitable as both a textbook and a popular read. With everyday language, engaging examples, a sense of humor, and solid evidence, it describes 26 unique ways that students learn. Each chapter offers a concise and approachable breakdown of one way people learn, how it works, how we know it works, how and when to use it, and what mistakes to avoid. The book presents learning research in a way that educators can creatively

translate into exceptional lessons and classroom practice. The book covers field-defining learning theories ranging from behaviorism (R is for Reward) to cognitive psychology (S is for Self-Explanation) to social psychology (O is for Observation). The chapters also introduce lesser-known theories exceptionally relevant to practice, such as arousal theory (X is for eXcitement). Together the theories, evidence, and strategies from each chapter can be combined endlessly to create original and effective learning plans and the means to know if they succeed.

Guy Talk is the must-have advice book for boys navigating all things puberty and growing up great! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers. Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, consent, and self-confidence so that you can be your best you as you journey through this new time in your life.

The companion to our bestselling book, The Care & Keeping of You, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

A Girl's Guide to Puberty and Periods is a body-positive illustrated book that helps girls, ages 9-14, understand what to expect about puberty and everything that goes with it. The book shares "my first period" stories from girls across the U.S. of all backgrounds to help your child understand that everything they are going through is okay and normal. Parents will appreciate that the book also incorporates factual health content and practical tips developed by health experts at Columbia University. The goal is to empower girls to feel more confident and knowledgeable about their changing bodies.

Guy Talk

The Ultimate Boy's Body Book with Stuff Guys Need to Know while Growing Up Great!