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The Ultimate Girls' Guide To Understanding And Caring For Your Body



Synopsis

Adolescence can be a tricky time. From periods and puberty to health and hygiene to fashion and beauty, every preteen girl has questions she'd like answered. The problem is many girls feel embarrassed or aren't sure who to ask. This book was written by two teenage sisters, Isabel Lluch, age 16, and Emily Lluch, age 13. They know firsthand the issues that most girls experience during puberty. In addition, this book offers valuable information from noted health care, nutrition, fitness, dental, psychology, and beauty experts. The Ultimate Girls' Guide offers insight and advice on every important topic in a preteen girl's life, including sections on makeup, acne, body hygiene, bras, periods, healthy eating, sports and fitness, and even stress, depression and eating disorders. Girls will appreciate the expert advice, offered in a straightforward, easy-to-understand manner, and will happily identify with the young authors and their peers. Additionally, each chapter is filled with tips and fun facts that can be used on a daily basis. Isabel and Emily answer questions about puberty and changes from 9 girls of different backgrounds and ethnicities. More than 120 pages of beautiful, color illustrations make this book the perfect gift for preteen girls and their parents, as well as a great resource for schools, nurses, sex education program, health classes, and more.

Book Information

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Age Range: 12 and up

Grade Level: 6 and up

Customer Reviews

Intended for girls age 9-11 this is a perfect starting point for essential discussions. Puberty is so

much more than a changing body and this book is a perfect, low key practical introduction to real life issues facing girls and their families as puberty begins. My ten year daughter loved that it is written from the vantage point of two teen sisters, their friends supported by a fabulous team of adult experts. It was also nice that the girls offer multiple perspectives and cover real issues - like bras, evolving body shapes, weight, acne, fashion, hair care and feminine hygiene products. Many books in this genre address sex - this book is intended for the discussions that take place way BEFORE the sex-talk and handles it all with grace and humor. Buy it!

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