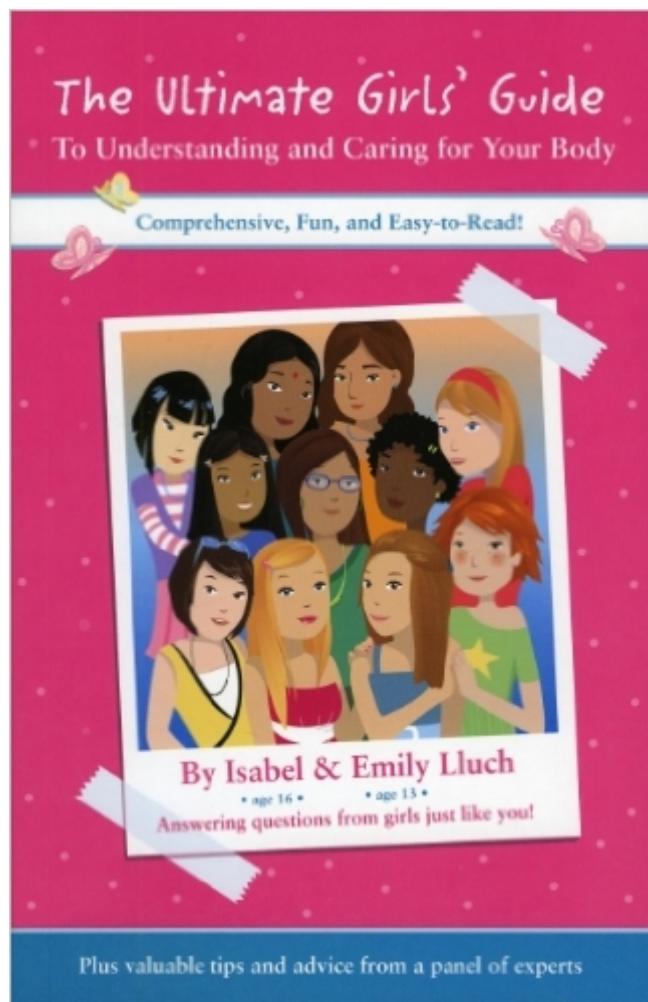


The book was found

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 Girlsâ™ Guide offers insight and advice on every important topic in a preteen girlâ™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

Paperback: 128 pages

Publisher: WS Publishing Group (June 16, 2009)

Language: English

ISBN-10: 193438643X

ISBN-13: 978-1934386439

Product Dimensions: 7.1 x 0.4 x 10.9 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #625,056 in Books (See Top 100 in Books) #10 inÂ Books > Teens > Personal Health > Fitness & Exercise #35 inÂ Books > Teens > Personal Health > Maturing #68 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Maturing

Age Range: 12 and up

Grade Level: 6 and up

Customer Reviews

Intended for girls age 9-11 this ia perfect strarting point for essential disucssions. 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!

[Download to continue reading...](#)

The Ultimate Girls' Guide to Understanding and Caring for Your Body The Ultimate Girls' Body Book: Not-So-Silly Questions About Your Body Birman Cats - The Owner's Guide from Kitten to Old Age - Buying, Caring For, Grooming, Health, Training, and Understanding Your Birman Cat or Kitten Persian Cats - The Complete Owners Guide from Kitten to Old Age. Buying, Caring For, Grooming, Health, Training and Understanding Your Persian Cat. Maine Coon Cats - The Owners Guide from Kitten to Old Age - Buying, Caring For, Grooming, Health, Training, and Understanding Your Maine Coon Goldendoodles - The Owners Guide from Puppy to Old Age - Choosing, Caring for, Grooming, Health, Training and Understanding Your Goldendoodle Dog French Bulldogs - Owners Guide from Puppy to Old Age. Buying, Caring For, Grooming, Health, Training and Understanding Your Frenchie Cockapoos - The Owners Guide from Puppy to Old Age - Choosing, Caring for, Grooming, Health, Training and Understanding Your Cockapoo Dog Wild Discovery Guide to Your Cat: Understanding and Caring for the Tiger Within The Complete Guide to Understanding & Caring for Your Cat Persian Cats: The Complete Guide to Own Your Lovely Persian Cat.(Breeding, Caring for, Rescue, Buying, Training, Understanding) Complete Cat Care Manual: The Ultimate Illustrated Guide to Caring for Your Cat The Ultimate Guys' Body Book: Not-So-Stupid Questions About Your Body My Body, My Self for Girls, Revised 2nd Edition (What's Happening to My Body?) The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World We Are Girls Who Love to Run / Somos Chicas Y a Nosotras Nos Encanta Correr (We Are Girls) (We Are Girls) (English and Spanish Edition) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle Girls Novels) Bikini Girls 10: Bikini Girls & Nudity Girls with Big Butt Pictures Bikini Girls 9: Bikini Girls & Nudity Girls with Big Butt Pictures Minecraft Girls: A Diary of Minecraft Girls (Minecraft Girl, Minecraft Girl Diary, Minecraft Girls Book, Minecraft Books, Minecraft Diaries, Minecraft Diary, Minecraft Book for Kids)

[Dmca](#)