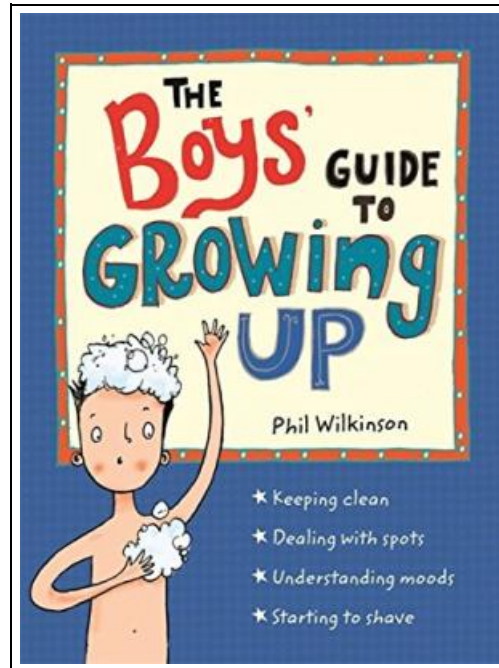


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THE BOYS GUIDE TO GROWING UP (PAPERBACK)



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Hachette Children s Group, United Kingdom, 2017. Paperback. Condition: New. Sarah Horne (illustrator). Language: English . Brand New Book. A friendly, reassuring positive guide for boys 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 body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is normal . He 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, as well as information on how puberty affects girls. Topics covered: What is puberty? Your puberty timeline How do hormones work? The height and weight race A deeper voice Spotty skin Hair, hair, everywhere The art of shaving Sweat, smells and personal hygiene Changes down below More changes down below New feelings Sex explained Making babies Keeping your confidence up Mood swings Managing your feelings Healthy eating The power of exercise Privacy and your body Puberty for girls Girls have worries, too.

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