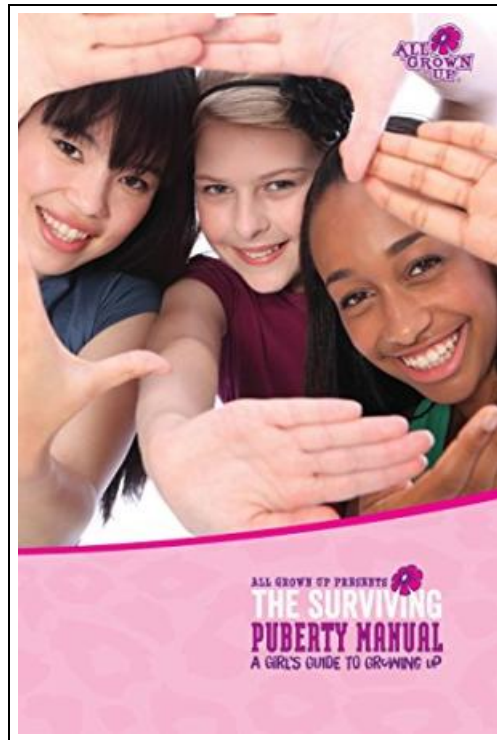


The Surviving Puberty Manual a Girl s Guide to Growing Up



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THE SURVIVING PUBERTY MANUAL A GIRL S GUIDE TO GROWING UP



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Page Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Surviving Puberty Manual: A Girl s Guide to Growing Up published by All Grown Up helps girls to understand what changes their bodies will go through during this exciting, and sometimes scary, time of their lives. It s a candid book but it s vital for girls to be educated about the process of becoming sexually mature. Girls are starting puberty earlier these days-some as early as seven or eight years of age. Their bodies are changing rapidly and sometimes they don t have the family or community emotional support they need to make good decisions. This book takes girls through every stage of the puberty process from growth spurts to their first periods to the decisions they make about their first relationships. And the book discusses these changes both from the physical standpoint but also from the changes in moods and feelings that girls this age experience. Everything from the minor problems, such as zits that happen when you least expect them, to the major ones, like handling unwanted sexual advances, are covered in case studies that girls can relate to. It covers the questions and answers that girls want to know but are sometimes afraid to ask their parents or other adults. It s an easy read-just like having the guidance of an older sister.



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