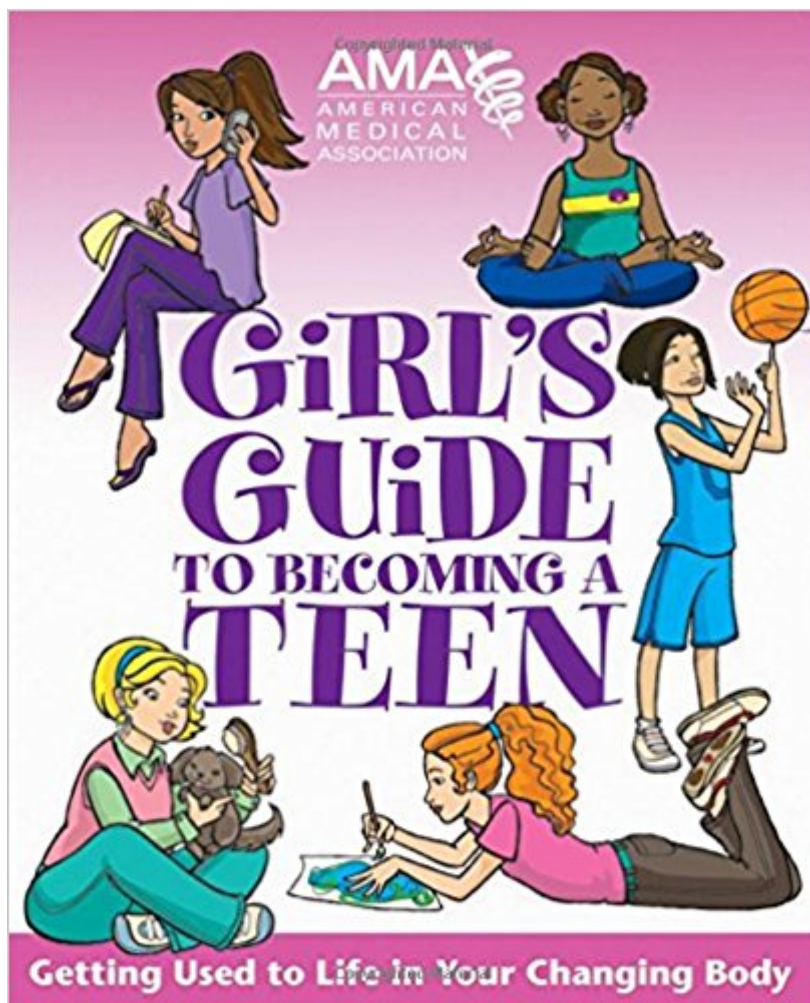


The book was found

American Medical Association Girl's Guide To Becoming A Teen



Synopsis

Becoming a teen is an important milestone in every girl's life. It's even more important to get answers and advice to the most common health issues girls face from a trusted source. The American Medical Association Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more:

- Puberty and what kinds of physical and emotional changes you can expect from your developing body to your feelings about boys
- The importance of eating the right foods and taking care of your body
- Your reproductive system inside and out
- Starting your period what it means and how to handle it
- Thinking about relationships and dealing with new feelings

Book Information

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Customer Reviews

Gr. 4-7. Published in conjunction with the American Medical Association, *Girls* covers the physical and emotional changes that puberty brings, along with solid tips about grooming, diet, exercise, and other health issues, such as eating disorders. The cartoon drawings of stylish teens resemble wide-eyed dolls and grate somewhat against repeated messages about self-esteem and embracing imperfections. Still, the clear text communicates concepts clearly: "hormones are chemicals that control many activities in your body, including growth," and girls will find plenty of useful information. Like the companion volume *Boy's Guide to Becoming a Teen* (2006), by the same author, this closes with an extensive resource section, including hotlines. Gillian Engberg

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Sound Advice for Pre-Teens on Puberty and Life Changes Becoming a teen is an important milestone in every girl's life. It's especially important at this time to get answers and advice from a trusted source. The American Medical Association Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expectâ "from your developing body to your feelings about boys The importance of eating the right foods and taking care of your body Your reproductive system inside and out Starting your periodâ "what it means and how to handle it Thinking about relationships and dealing with new feelings The American Medical Association Girl's Guide to Becoming a Teen will help you understand the health issues that are of most concern to teenage girls, and will teach you how to be safe, happy, and healthy through these years.

Great book for an upcoming teen. Talks about everything you need it to. I use it for work in therapy and have found that it's an easy to read guide. I can skip and jump to subjects, depending on what each client needs. Great for hygiene/period issues!

required reading for any young girl

Great birthday present for a 13 year old.

Good info.

Great book, easy to understand. Answers so many questions!

When I left this book on my daughter's night stand, I wasn't sure she'd read it. Being only 10 and still holding her little girl build, I felt it was important as a Mom, to expose her to the right answers to questions she may have, as a few of her classmates are maturing a little faster than she is. This book allows her to read what she wants and answers questions in her language and makes for easy reading and understanding. I recommend it to any Mom for their daughter, no matter what age. You want them to know the real truth, not the truth of their friends.

I bought this book for my teen girls. It was very cute and answered many questions that they had about sexuality. I did hope that it had more on the male body and how it worked in perfect harmony

with the female body and touched on the repercussions on promiscuity. But overall, it was well worth the price!

Katrina Smith Author of *The Butterfly Movement* & *Evicting Jezebel*
Evicting Jezebel: The Rising Trend of Aggressive Women

My daughter and I are enjoying reading this book. It explains a lot of different changes that a girl's body goes through during puberty. It shows how to care for yourself as you go through puberty. It explains how girls might be self-conscious and to remember everyone grows and develops at their own pace. It is explaining some of the things that I have been talking to my daughter about such as hygiene. I am enjoying that the book is reinforcing some of the life habits that I am trying to teach my daughter such as caring for your body, eating health, getting sleep, and confiding in an adult if you think something is wrong.

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