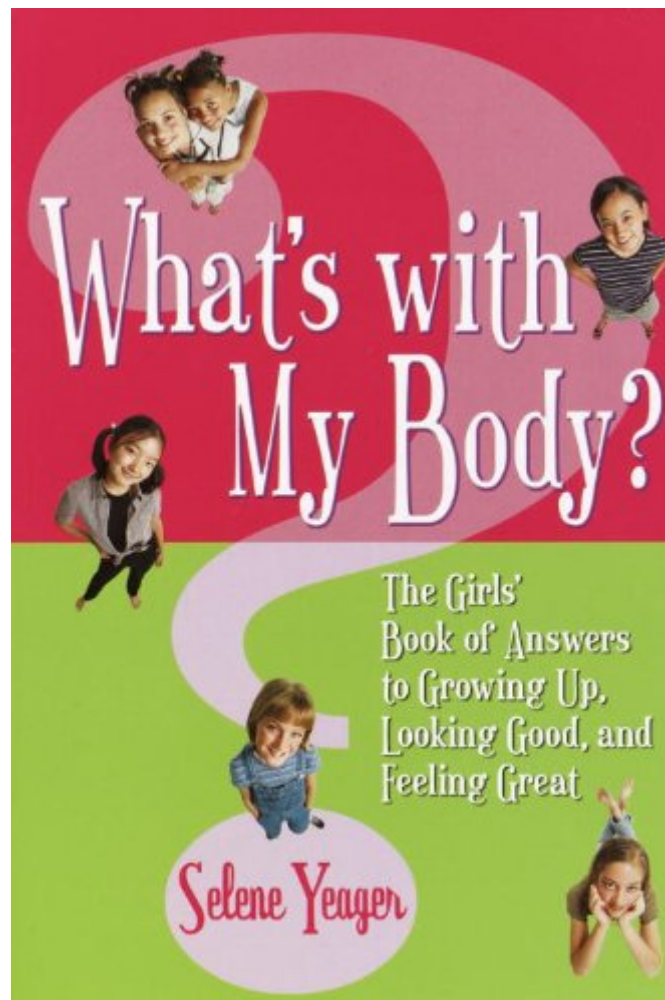




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What's With My Body?: The Girls' Book Of Answers To Growing Up, Looking Good, And Feeling Great



Synopsis

All About Girls, Puberty, and Growing Up What preteen or young teen hasn't wondered, "What is up with my body?" even if YOU haven't yet, you will, and that's okay. There really are answers, good answers, to all of your questions. Inside is reassuring, accurate advice for all preteen and young teen girls (and their parents). Presented in a question and answer format, all of the toughest and most important stuff that's on your mind is right here from body changes, skin and hair care, and menstruation to moods, eating disorders, and sexuality. You'll discover what your body is all about and feel great about it and yourself. From the Trade Paperback edition.

Book Information

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Customer Reviews

I was afraid my 10 year old would find this book either embarrassing or over her head; neither was the case. She's poured through it alone and with her girlfriends. It covers not only social phenomena but body changes that are easy to grasp but not puerile.

My 12 year old daughter spotted it as we were shopping for books for her to take to sleep-away camp. She chose WHAT'S WITH MY BODY by herself. When we got it, I was delighted to see that Selene Yeager was the author. Knowing the research and integrity she put into her other books, I felt confident that the tone and information would be just right for my daughter and I was not disappointed. The chapters on body image, stress and mood swings are a gift, let me tell you. These are challenging years for a girl and ones that I would not repeat for any amount of money. It breaks my heart to see my child struggle with body image issues and mood swings and even doubts about herself socially. Yikes, it takes you back... The advice Ms Yeager offers in the book speaks directly to my daughter and she hasn't put the book down since she bought it. She's literally reading and re-reading chapters every night. She told me that she likes knowing that other kids have the same questions she does. And I like knowing that the information was written by someone who cares enough to give her responsible advice. Thank you for writing this book. I think that every YMCA in the country should adopt the book as part of a course on "Your changing Body" for the 10-14 year old crowd. I also hope that the school library market embraces this book too. I know what's out there. This is the best book I've seen to date.

I gave this book to my 11-year-old niece. She loves how straight forward the information is, especially on sensitive subjects like sexuality, menstruation, and body image. She says it makes her feel more confident, less confused, and less alone. And those are all good things, especially at her age. I appreciate the very positive tone and that it has been reviewed by so many experts.

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