



What's Happening to My Body? Book for Girls: Revised Edition

Lynda Madaras, Area Madaras, Simon Sullivan

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What's Happening to My Body? Book for Girls: Revised **Edition**

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The "What's Happening to My Body?" Book for Girls

Written by experienced educator and her daughter in a reassuring and down-to-earth style, The "What's Happening to My Body?" Book for Girls gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control.

Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up is an essential puberty education and health book for all girls ages 10 and up.



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Debra Yarbrough:

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Lawrence Richardson:

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