

The Girl's Body Book

Everything a girl needs to know about puberty and periods in one brilliant little book. Written in a friendly, accessible style, this is an essential guide for all girls approaching puberty. For every teen girl wondering about her changing body and changing brain, this funny and highly illustrated guide is the answer. Packed with advice about everything from periods to bras to body hair--PLUS tips on how to deal with crushes, new emotions, and all the chaos in between! Growing up is fun . . . but it's tough, too. There are a lot of unknowns and it can be weird and messy for girls. Worry not! This book covers EVERYTHING girls need to know, and it's all been reviewed and fact-checked by medical consultant Dr. Radha Modgil. Learn how: To make your body your best friend (not your enemy). To get out there and do YOU (even when you don't want to move off the couch). The thoughts and feelings that make you feel alone are shared by every girl on the planet. To feel amazing through exercise, nutrition, and skin care. And so much more! Great for those who loved The Care and Keeping of You or What's Happening to My Body?

Provides tips and advice for girls on the topics of friendship, fashion, emotional issues, hygiene, and health issues related to puberty. Celebrating over twenty years in print, this best-selling, essential illustrated guidebook for adolescent girls is now available as a refreshed edition, with new and updated content. With over 400,000 copies sold, this appealingly illustrated guidebook to puberty--now updated with new content relevant to today's kids--is the perfect companion for girls and parents preparing for this important milestone. Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on: - getting braces - bra sizing - shaving - relatable anecdotes from real girls - changing friendships - romantic feelings - dealing with sexual harassment both on social media and in real life Complete with charming and informative interior illustrations, The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

I'm a Girl!

50 Ways to Learn to Love Your Changing Body

The Care and Keeping of You 1

Growing Up

The Body Book for Boys

The Ultimate Girls' Body Book

Addressing the struggles of young girls everywhere, this hilariously relatable comic guide to life provides real advice and encourages a new generation of teen girls to find confidence and embrace individuality. With friends, love, social media, body image, and more--navigating young adulthood can seem impossible. The Ultimate Survival Guide to Being a Girl provides humorous and highly relatable guidelines for all of the struggles young girls face, presented in author Christina De Witte's signature comic style and told from the point of view of her lovable Instagram and Internet character, Chrostin. A Hyperbole and a Half for the young adult audience, the book includes comics and hands-on advice about serious issues like mental health and self-care, and also deals with questions on every young girl's mind, like "Can you survive on pizza alone?" Quirky, hilarious, and sincere, The Ultimate Survival Guide to Being a Girlempowers young women to challenge society's unrealistic standards of beauty and embrace their individuality. This is sure to be a favorite for teen girls.

Join siblings Nelle and Gus on a day out at the beach as they ask questions and figure out the similarities and differences between boys and girls in a humorous and honest way. Library Friendly Edition of original- A sensitive, detailed and informative guide to female puberty, this book will prove invaluable for both young girls and their parents alike, tackling key subjects from the physical changes that occur at this time to practical matters such as buying your first bra.

A friendly, reassuring and positive guide for girls 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 periods and breast development to body hair and personal hygiene, puberty and parenting expert Anita Naik addresses any worries that girls may have relating to what is 'normal'. She 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, and information on how puberty affects boys. Topics covered: What is puberty? Your puberty timeline Breasts and bras Same age, different stage Skin changes Sweat, smells and personal hygiene Hair in new places Down there What are periods? The practical side of periods Coping with periods Sex explained Making babies New feelings Managing your moods Healthy eating The power of exercise Self-esteem and body image Privacy and your body Puberty for boys Boys have worries, too

The Ultimate Puberty Book for Preteen and Teen Girls

Winner of the Jhalak Prize, 2021

Guy Stuff

On Love, Body Image, School, and Making It Through Life

Ready, Set, Grow!

Changing Bodies, Periods, Relationships, Life Online

Boys

Girl Talk is the must-have advice book for girls navigating all things puberty and growing up! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Girl Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers. Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, leadership, and self-confidence so that you can be your best you as you journey through this new time in your life. 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.

Discover your body's awesomeness with the puberty guide for tween and teen girls Puberty is one of the first signs that you're growing up--and that's something to be celebrated. If you're looking for body-positive puberty books for girls but aren't sure where to start--Celebrate Your Body 2 provides the support needed to navigate this whole puberty thing with confidence. From bras and braces to budding romantic feelings, this guide stands out among puberty books for girls as you become an expert on everything from pimples to peer pressure. Of all the puberty books for girls, this one will help you discover how your changing body is beautiful, special, and simply on the way to becoming the number one you. Celebrate Your Body 2 goes beyond other puberty books for girls, including: The shape of you--Explore how and why your body is changing with advice on mysterious hair, period care, and more. Cool and confident--Find calmness during mood swings and increase your self-esteem using creative suggestions and confidence-building tips rarely found in puberty books for girls. Close-knit vs. clique--Learn about choosing the right friends, finding a trusting ear, and the importance of consent. Your body is awesome--now start your journey right with Celebrate Your Body 2, one of the best in puberty books for girls.

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have. Topics include: From hair care to high heels, a head to toe guide to what's happening with your changing body Dealing with your friends even when they don't want to deal with you -- and how to handle "Mean Girls" Your guide to the care and keeping of parents, teachers, brothers, and sisters Sports, music, math, art, reading: finding out what you like and learning to like who you are

The Period Book

It's Not the Stork!

Celebrate Your Body 2

Guy Talk

Body Drama

A Girl's Guide to Growing Up

The Ultimate Puberty Book for Girls

Ready, Set, Grow! Young girls before the onset ofpuberty have a curiosity abouttheir soon-to-be changing bodiesbut need addressing in a simplerthan that for their older sisters. InMadara's proven, trust-worthy,friendly voice and style, this entirelynew book now brings them thosename kind of thoughtful, down-toearthinformationbut at a readingand comprehension levelthat'sjust right for them. Responding throughout to reallifequestions and observationsfrom younger girls, Madarasexplores the changes that arerepeating, or about to happen, tothem, including: the developmentof breasts, body hair, and bodyfat; the changes in their reproductiveorgans, both inside and outside; their first period and all the complexfeelings surrounding it; theunwelcome appearance of acneand new body odors; and, perhapsmost important, how to respectand celebrate their unique bodies,even when the outside world isnot always so accepting. Lively cartoon drawings throughoutmake the book not only helpful,but fun to read, too.

You Mean I Can Ask That? Boys! bodies of the craziest things! They can knock a baseball out to right field or trip in front of class. But at a certain point, those bodies start to grow up and go through some wild changes. You might be wondering things like: Why don't I look like him? How can I get buff without steroids? And how can I handle that talk my parents want to have!you know, the talk? Yikes! Guy Talk answers all the important questions you want answers to but would rather not ask, mixing fun with great advice for growing guys.

A Girl's Guide to Puberty and Periods is a body-positive illustrated book that helps girls, ages 9-14, understand what to expect about puberty and everything that goes with it. The book shares "my first period" stories from girls across the U.S. of all backgrounds to help your child understand that everything they are going through is okay and normal. Parents will appreciate that the book also incorporates factual health content and practical tips developed by health experts at Case Western University. The goal is to empower girls to feel more confident and knowledgeable about their changing bodies.

Because Growing Up Shouldn't Be a Mystery Girls' bodies do the craziest things! They can kick soccer balls and spin perfect pirouettes, or they can trip up the stairs and break out in zits. As you grow and your body goes through some pretty wild changes, you might be wondering things like: Why don't I look like her?! I have to use that? Is this normal? And, Why is this happening to me? The Ultimate Body Book for Girls answers all those awkward questions you'd rather not ask your mom!at least out loud. Mixing fun with great advice, you'll learn about bras, boys, periods, pimples, and so much more. Most importantly, you'll learn that God made you exactly the way he wants you!no matter how weird growing up can be.

The Boy's Body Book: Third Edition

The Ultimate Guys' Body Book

How to Survive and Maybe Even Love Your Life as a Nurse

The Body Image Book for Girls

A Book about Girls, Boys, Babies, Bodies, Families and Friends

Not-So-Silly Questions About Your Body

How to Text Girls

A frank and friendly book explaining puberty and how to stay happy and confident as boys go through physical, psychological and emotional changes. Covers everything boys want to find out about, including moods and feelings, what happens to girls, diet, exercise, body image, sex and relationships, contraception, sexual health, self-confidence, drink and drugs, exam stress and cyberbullying.

We're ready to answer all your questions! This fourth edition of the top-selling book for pre-teen girls has been fully updated and expanded to include everything you need to know about your changing body, texting and social media, friendship and peer pressure, leadership, and so much more! You're growing up! It's an exciting time with new freedoms, new friendships, even new clothes! But with everything that's changing--your body, your emotions, your relationships--you are bound to have questions. Don't worry, The Girl's Body Book is here to help. Your Changing Body: What is this thing called puberty everyone keeps talking about and how will it affect your growing body? Your Changing Relationships: Your guide to the care and keeping of parents, siblings, friends, teachers, and yes, even boys. Your Changing Life: How to dress for success, be a good friend, eat right, and keep yourself safe in both the real and virtual worlds while still keeping your personal stress meter in the safe zone. There's a lot to learn about this next phase of your life. So what are you waiting for? Let The Girl's Body Book be your guide. Your whole life is waiting for you!

'JENNIFER MAKUMBI IS A GENIUS STORYTELLER.' Real Edo-Lodge A SUNDAY TIMES, OBSERVER, DAILY MAIL, BBC CULTURE & IRISH INDEPENDENT BOOK OF THE YEAR A WATERSTONES BEST FICTION BOOK OF THE YEAR OPRAH MAGAZINE BEST OF 2020 A TIME MAGAZINE MUST-READ BOOK OF 2020 A GOOD HOUSEKEEPING BOOK OF THE MONTH (OCTOBER) A BOOKSELLER BOOK OF THE MONTH (OCTOBER) AN AL JAZEERA PICK: TOP BOOKS BY AFRICAN WRITERS, 2020 At once epic and deeply personal, the second novel from prize-winning author Jennifer Makumbi is an intoxicating mix of Ugandan folklore and modern feminism that will linger in the memory long after the final page. As Kirabo enters her teens, questions begin to gnaw at her – questions which the adults in her life will do anything to ignore. Where is the mother she has never known? And why would she choose to leave her daughter behind? Inquisitive, headstrong, and unwilling to take no for an answer, Kirabo sets out to find the truth for herself. Her search will take her away from the safety of her prosperous Ugandan family, plunging her into a very different world of magic, tradition, and the haunting legend of 'The First Woman'.

Real Girls, Real Bodies, Real Issues, Real Answers

Girl Talk

My Body's Changing for Boys

The Girls' Guide to Growing Up Great

What's Happening to My Body? Book for Girls

Celebrate Your Body (and Its Changes, Too!)

Girls' Guide to Caring for Your Body

"This light-hearted, fun, fresh, and easy-to-read guide for nursing students by nursing students is full of practical information to help you cope with--and get the most out of--your days as a nursing student. It will help you keep on track with the ups and downs you are likely to encounter and keep you focused on why you chose nursing as a career. It includes tips, advice, resources, and stories from over 300 nursing students, new grads, and staff nurses....Cover.

A body-positive guide to help girls ages 8 to 12 navigate the changes of puberty Puberty can be a difficult time for a young girl!and it's natural not to know who (or what) to ask. Celebrate Your Body is a reassuring entry into puberty books for girls that encourages girls to face puberty with excitement and empowerment. From period care to mysterious hair in new places, this age-appropriate sex education book has the answers you're looking for!n a way you can relate to. Covering everything from bras to braces, this body-positive top choice in books about puberty for girls offers friendly guidance and support when you need it most. In addition to tips on managing intense feelings, making friends, and more, you'll get advice on what to eat and how to exercise so your body is healthy, happy, and ready for the changes ahead. Puberty explained!Discover what happens when it happens, and how your body (and mind) is amazing in every way. Social skills!Learn how to stand up to peer pressure, stay safe on social media, and keep the right kind of friends. Self-care tips!Choose the right foods, exercises, and sleep schedule to keep your changing body at its best with advice you won't find in other puberty books for girls. This inclusive option in puberty books for girls is the ultimate guide to facing puberty with confidence.

For years Christiane Northrup, M.D., has taught women about health, wellness, and the miracle of their bodies. Now, in her first children's book, she presents her wonderful wisdom to the youngest of girls. Beautiful Girl presents this simple but important message: that to be born a girl is a very special thing and carries with it magical gifts and powers that must be recognized and nurtured. Through these empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are, the importance of treating themselves with gentle care, and how changes are just a part of growing up. Dr. Northrup believes that reading and discussing this book with your girls will help them to value the wonder and uniqueness of their bodies and have positive benefits that will last throughout their lives.

The Boy's Body BookEverything You Need to Know for Growing Up YouTurtleback

The Ultimate Survival Guide to Being a Girl

Who Has What?

The Body Book for Younger Girls

A Girl's Guide to Puberty & Periods

The Ultimate Body & Puberty Book for Girls!

All about Girls' Bodies and Boys' Bodies

For use in schools and libraries only. An updated edition of a best-selling reference for younger adolescents shares practical, expert advice on topics ranging from hair care and healthy eating to menstruation and acne. Original.

You have questions? We have answers to everything you need to know for growing up you! Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Boy's Body Book is the #1 bestselling guide for boys, and it's here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have. Topics include: " From hair care to athlete's foot, a head to toe guide to what's happening with your changing body " Basketball football, soccer, chess: How you can excel no matter what you like to do " The care and keeping of parents, teachers, brothers, and sisters " How to keep your friends and your morals, and what to do if peer pressure or bullying starts to be come an issue " And so much more!

Discusses the physical and emotional changes that occur as a boy goes through puberty, covering such topics as body image, hygiene, eating habits, voice changes, dating, the reproductive system, sex, birth control, and pregnancy.

From the expert team behind IT'S PERFECTLY NORMAL and IT'S SO AMAZING! comes a book for younger children about their bodies — a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence. Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are some parts of girls' and boys' bodies the same and why are some parts different? How was I made? Where do babies come from? Is it true that a stork brings babies to mommies and daddies? IT'S NOT THE STORK! helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Two irresistible cartoon characters, a curious bird and a squeamish bee, provide comic relief and give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of.

The Boy's Body Book

Little Body Book

The Girls Body Book: Fourth Edition

Little Book of Growing Up

Growing Up for Boys

The Girl Guide

Revised Edition

The updated fifth edition of the #1 bestselling Girl's Body Book includes everything you need to know about growing up, even the embarrassing stuff. From periods to peer pressure, puberty can be a confusing time for pre-teens and parents alike. The newly updated fifth edition of the Girl's Body Book helps prepare girls and their parents for the ups and downs of puberty, middle school, and everything in between, including topical issues like school safety and #MeToo. Covering body changes, personal hygiene, self-confidence, and leadership, the Girl's Body Book helps prepare girls for puberty and beyond.

"Wise and kind" - Sall Hughes' Every young teen needs this book - Nadea Sewatha' Brilliant, accessible, sensitive and funny" - Emily Matlis' Funny, kind and wise" - Daisy Buchanan Going through puberty? Thinking about puberty? Worried about growing up? This book is for you! Puberty isn't just about what's going on in your body, but also your brain, your emotions and the world around you. Knowledge is power! All the information you need is here, plus advice, wisdom and lots of questions from girls like you - Body-basics (like breasts, spots and periods) - Life's big mysteries. Is how you look important? Is a crush ever wrong? Is it bad to be jealous of your friends? - Clear, empowering info on emotions, sex, sexuality and gender - Staying safe and having fun online - Plenty of space for your own notes and doodles

Body image expert Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies.

"You'd think a Miss America swimsuit winner would feel completely confident about her body, right? Not always! So I decided to write the book I wish I'd had as a teen and in college—an honest, funny, practical, medically accurate, totally reassuring guide to how women's bodies actually look, smell, feel, behave, and change. Alongside real-deal photographs of women just like you and me (no airbrushing, no supermodels, no kidding) you'll find medical pictures of things you need to be able to recognize, true confessions by yours truly, and the encouragement you need to appreciate the uniqueness, strength, and beauty of your body. What are you waiting for?"—Nancy Redd From fashion magazines to taboo Web sites, curious young women have access to tons of old wives' tales about and thousands of airbrushed and inaccurate images of the female body—misinformation and harmful portrayals that can lead to low self-esteem, self-destructive acts, or even disturbing plastic surgery procedures. Teaming up with a leading physician specializing in adolescent health issues, Harvard graduate and former Miss Virginia Nancy Redd now offers a down-to-earth, healing, and reassuring response to those damaging myths. In Body Drama, Redd gives girls insight into the issues they're often too ashamed to raise with a doctor or parent. She also reveals her own experiences with the culture of "American beauty," and shows readers all the many versions of "normal." From body hair and bras, to acne and weight issues, along with crucial issues such as the importance of a healthy self image, Body Drama is a groundbreaking book packed with informative fast facts, FYIs, how-tos, and moving personal anecdotes as well as hundreds of un-retouched photographs. A highly visual book, it's the first of its kind for women: filled with real information and real photographs of real bodies, to celebrate all our different shapes and sizes. Named by Glamour magazine as one of America's top-ten college women "most likely to succeed—at anything," Redd has spent the most recent years of her life on a mission to tackle the issues less discussed but most significant in young women's lives. Celebrating the many versions of "normal," and replacing seriously erroneous information with the honest, medically proven truth in a language all girls can understand, Body Drama dares to empower a new generation—with facts instead of fantasies, and the priceless gift of self-knowledge.

What's Happening to Me? (Girl)

The Girls Body Book

Love Yourself and Grow Up Fearless

The Girls' Guide to Growing Up

All About Girls' Bodies and Boys' Bodies

The Ultimate Boy's Body Book with Stuff Guys Need to Know while Growing Up Great!

Everything You Need to Know for Growing Up YOU

Growing up isn't as easy as it looks. With changing emotions, friends, expectations, and bodies, some days it can seem like life is one big roller coaster ride. The Girl's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a girl might have.

Guy Talk is the must-have advice book for boys navigating all things puberty and growing up great! This easy to read, diverse guide is illustrated for better understanding and includes bodies of all shapes, abilities, and sizes. With Guy Talk, get the answers to the questions you don't know who to ask or are too embarrassed to. From body changes, personal hygiene, healthy eating, and tips for sensitive topics, this book covers all the bases. Learn to not only prioritize your physical health, but your emotional health, too! A healthy mind and a healthy heart makes for a happy life. Maintain healthy relationships with family, friends, and peers. Growing up isn't just about your changing body. Learn how to handle peer pressure, social media safety, consent, and self-confidence so that you can be your best you as you journey through this new time in your life.

From the publisher that brought you THE BOY'S BODY BOOK--the bestselling handbook for adolescent boys--comes an all-new guide to friendship, crushes, texting, and social media, for the modern, tech-savvy pre-teen! This fun and accessible illustrated guide is for preteens who are ready to take their first steps into the uncharted territory of crushes, social media, and texting in the digital age. Kelli Dunham gives tips on navigating the digital landscape while keeping "reputation safety" in mind. Not just about texting, this handbook does out advice for successful communication in settings like classrooms, after-school activities, and hang-outs among friends.

With tips and advice from experts and fellow preteens alike, this is the perfect guide for any adolescent who's ready for their first cell phone, first Facebook profile, or first crush.

The companion to our bestselling book, The Care & Keeping of You, received its own all-new makeover! This updated interactive journal allows girls to record their moods, track their periods, and keep in touch with their overall health and well-being. Tips, quizzes, and checklists help girls understand and express what's happening to their bodies - and their feelings about it.

The Care and Keeping of You Journal 1.

The First Woman

Everything You Need to Know for Growing Up You

My Changing Body

The Girl's Body Book: Fifth Edition

Beautiful Girl

A What's Happening to My Body? Book for Younger Girls

Growing up is an exciting time, but it can also feel scary. During puberty, your body changes on the outside and on the inside. You might have noticed some of these changes already, or they might not have started happening to you yet. This book explains what happens during puberty, and provides some friendly reassurance and advice. A real pediatrician and the author of the bestselling Care & Keeping of You series provides tips, how-tos, and facts about boys' changing bodies that will help them take care of themselves. Full color.

The Boy's Body Book is here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have about growing up.

Not-So-Stupid Questions About Your Body