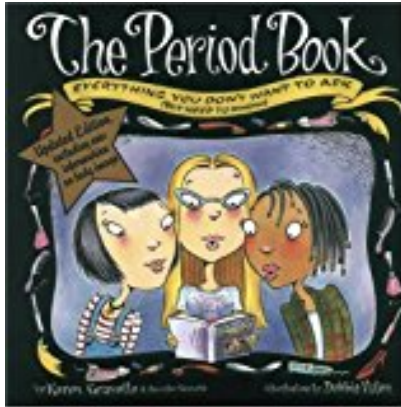


The Period Book A Girls Guide to Growing Up



BOOK DETAILS

- Author : Karen Gravelle
- Pages : 144 Pages
- Publisher : Walker Childrens
- Language : English
- ISBN : 0802777368

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BOOK SYNOPSIS

Girls can have many questions about puberty, including getting their periods. With over 400,000 copies sold, this appealingly illustrated guidebook--now updated with new content relevant to todays preteens--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 is made up of 40% updated content, featuring 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 The Period Book is a trusty friend that can help girls feel confident about this new phase of their lives.

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