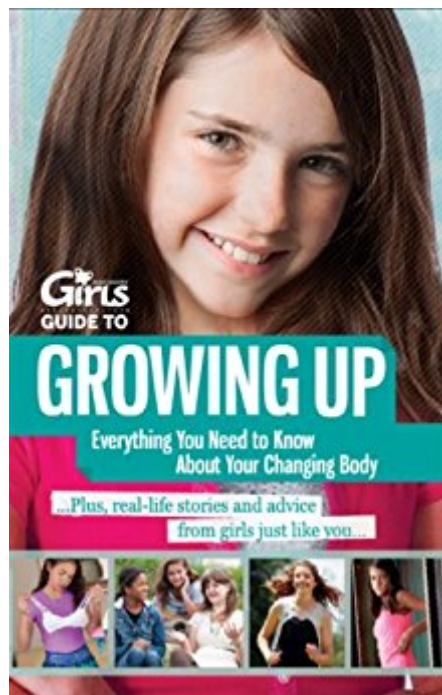




The book was found

Discovery Girls Guide To Growing Up Everything You Need To Know About Your Changing Body



Synopsis

Discovery Girls Guide to Growing Up explains everything tween girls need to know about puberty in a straightforward and relatable way. By understanding what's going on inside her and knowing what to expect next, she'll spend less time wondering and worrying about what's happening to her body and more time enjoying the changes. She'll also learn how to handle her emotions and love her body (even if it's not perfect!) so she'll feel confident and ready for all the challenges of puberty. Best of all, thanks to tens of thousands of girls who were brave enough to share their stories about pimples, periods, bras, emotions, and more, she'll know she is not alone.

Book Information

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Customer Reviews

I bought this book to help me address the topic of puberty without making my daughters feel uncomfortable. This book was amazing. It gave just the right amount of information to help a young girl understand the changes her body is making without going into too detail. I also loved that there were comments from other young girls who had gone through or were going through puberty and

how they felt. My daughter and I read this together over the summer. It was an easy read and she enjoyed learning that everything she was feeling and going through other girls were feeling that way too! Even though she knows that Mommy has gone through puberty, and I can relate, I think it was helpful for her to read it from other young girls experiences as well. I highly recommend this book. I would even recommend it being used in health classes as a tool for young girls.

My daughter is 9 and her school doesn't have a class about the human body. She started asking me about puberty because she read in her Discovery Girls magazine that it can start at 10. I purchased this book to get the conversations started and help her get accurate information. She read the book in 2 days and says she's going to read it again :). It was very informative. She loved the quotes from other girls going through the same thing. This is a great book for her age group.

Not really that much information here. I thought this would be more for older girls but it has pretty much the same information as the American girl book for younger girls which we already have. Also there are not 158 pages there are 146 and with so many pictures on them my daughter was done with it in less than 45 minutes. Wish I had bought the other book instead. An appropriate age in my opinion would be 8-10.

Got this for my 8 year old who has already been asking questions about puberty. It covers menstruation and body changes as well as changing emotions, skin care, and good hygiene. She's read it several times and it has sparked some good conversations. A great book that gives girls all the basics about what to expect during puberty. Five stars!

I bought this for a young lady of 10 years old. She didn't put it down for days, she carried it (hidden) everywhere she went. I read it first and highly approve. It took me back to being 10, young and confused. Great book to help open communication about everyday life and questions of a young girl.

great price

Great book for girls!

My ten your old daughter really loves this book. It's a great book for young girls who are starting to

go through puberty. It helps answer those not so easy to ask questions. I read it first, then I let her read it. Then I just let her know I'm here if she has any questions.

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