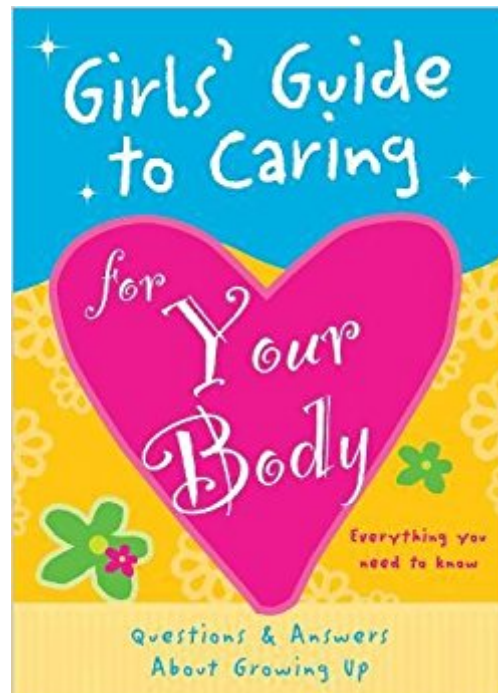




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# Girls' Guide To Caring For Your Body: Helpful Advice For Growing Up



## Synopsis

Adolescence can be a tricky time. From periods and puberty to health and hygiene to fashion and beauty, every preteen girl has questions she'd like answered. The problem is, many girls feel too embarrassed to speak up, or aren't sure who to ask. Girls' Guide to Caring for Your Body offers honest, helpful advice from authors Isabel and Emily Lluch, with the help of several noted health care, nutrition, fitness, dental, and beauty experts. Girls' Guide provides information addressing every important topic in a preteen girl's life, including acne, body hygiene, bras, periods, healthy eating, sports and fitness, and even stress, depression, and eating disorders. Girls will appreciate the expert advice, offered in a straightforward, easy-to-understand manner, and will happily identify with the young authors and their peers. Additionally, each chapter is filled with tips and fun facts that can be used on a daily basis.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #518,098 in Books (See Top 100 in Books) #15 in Books > Teens > Personal Health > Personal Hygiene #27 in Books > Teens > Personal Health > Diet & Nutrition #33 in Books > Teens > Personal Health > Maturing

Age Range: 12 and up

Grade Level: 6 and up

## Customer Reviews

Isabel and Emily Lluch have also written the best-selling teen titles, *The Fabulous Book of Me* and *BFF*. They live in San Diego, California.

My daughter is 8 and very interested in the changes that are going to be happening to her body. She has had lots of questions lately. She is at about a 9th grade reading level at this point and reading things like *Little Women*, so I got her this book. It is about at a 5th or 6th grade reading

level. She had read it 3 times and it explains things in very simple, concise terms, then gives little situations about the subjects discussed as real life examples she may face. She loves it and says she feels much more comfortable. She has also been able to come to me with more developed and detailed questions about growing up because she had better basics.

I bought this for a friend's daughter who was having hygiene issues and it has helped her a lot. She now understands how her body has changed.

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