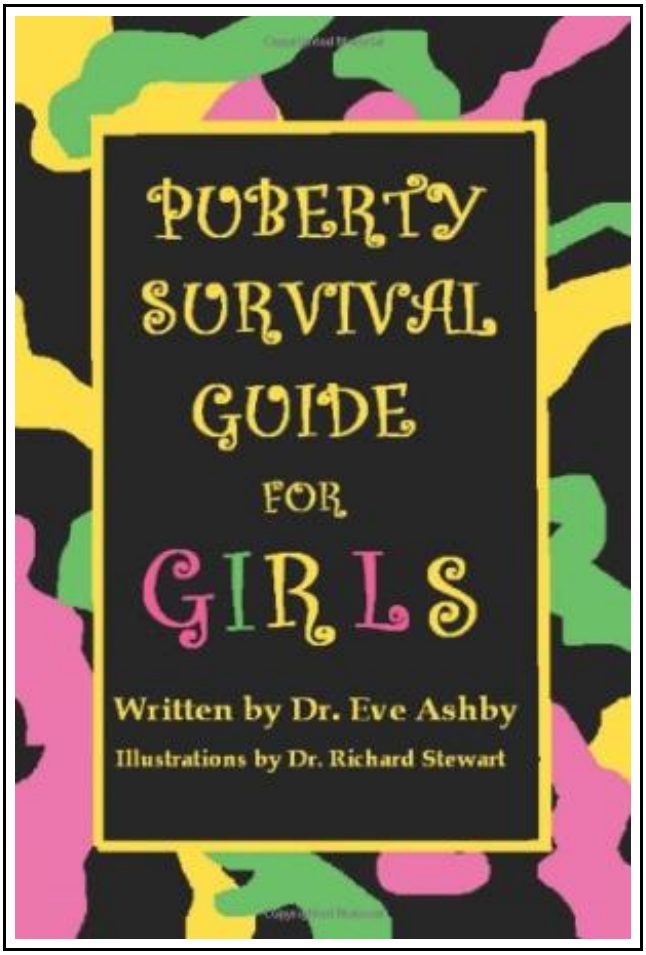
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iUniverse, United States, 2005. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Sensitive and encouraging, Puberty Survival Guide for Girls is an easy-to-read resource for young girls who are anticipating the many physical and emotional changes that accompany puberty. Author and practicing gynecologist Dr. Eve Ashby, offers practical and reassuring answers to the many questions that a girl will have as she enters this often confusing and tumultuous time of her life. A veritable owners manual for the young female body, Puberty Survival Guide for Girls deals with the issues of self-image and hygiene in a tactful and supportive manner. In a question-and-answer format, Dr. Ashby approaches a variety of topics, including: -Acne -Menstruation -Height and weight spurts -Female anatomy -Diet and exercise Interspersed with quotes and questions from girls Dr. Ashby has met through her medical practice, Puberty Survival Guide for Girls gives voice to the uncertainties faced by adolescent girls. With clear explanations of sensitive and sometimes embarrassing issues, Puberty Survival Guide is an excellent educational tool that will help any young woman gain a better understanding of the changes she will encounter during puberty.

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