

The Girls Guide To Growing Up

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[The Boys' Guide to Growing Up](#) - Terri Couwenhoven 2012

Puberty is the time when your body changes both inside and out! All boys, including you, will go through these changes sometime between the ages of 9-16. Have you ever wondered what

happens during puberty?

Girls Body Book - Kelli Dunham 2013-10-15

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.

The Growing Up Guide for Girls - Davida Hartman 2015

This charmingly illustrated guide for girls is full of facts and advice about growing up, puberty, body image, friendship, crushes and more! Written in literal language and addressing sensory issues, safety, and social skills throughout, it offers an ideal introduction to the teenage years for girls with autism aged 9 to 14.

The Girls' Guide to Growing Up Great - Sophie Elkan 2020-05-19

A positive and empowering guide for girls who are going through puberty or are curious about in what's in store. Packed with facts and thoughtful advice, plus words of wisdom from older women and quotes and questions from girls who are also going through it, *The Girls' Guide to Growing Up Great* covers every aspect of going through puberty for girls. From body

basics like breasts, acne and periods, to the questions with no easy answers (Does how you look matter? Is a crush ever wrong? Is it bad to be jealous of your best friends--and does having a best friend even matter?) Plus, of course, clear and empowering information on sex, sexuality and gender and a whistle-stop guide to the wonderful world of online resources. *The Girls' Guide to Growing Up Great* is filled with quirky illustrations from the fabulous Flo Perry, coupled with space to scribble your own thoughts and ideas. With additional contributions from Laura Chaisty, a trained psychotherapist, as well as medical input from GP Maddy Podichetty, this well-balanced book gives a modern reflection of what it's like growing up today.

A Girl's Guide to Missiles - Karen Piper 2019-08-13

A poignant, surreal, and fearlessly honest look at growing up on one of the most secretive weapons installations on earth, by a young

woman who came of age with missiles The China Lake missile range is located in a huge stretch of the Mojave Desert, about the size of the state of Delaware. It was created during the Second World War, and has always been shrouded in secrecy. But people who make missiles and other weapons are regular working people, with domestic routines and everyday dilemmas, and four of them were Karen Piper's parents, her sister, and--when she needed summer jobs--herself. Her dad designed the Sidewinder, which was ultimately used catastrophically in Vietnam. When her mom got tired of being a stay-at-home mom, she went to work on the Tomahawk. Once, when a missile nose needed to be taken offsite for final testing, her mother loaded it into the trunk of the family car, and set off down a Los Angeles freeway. Traffic was heavy, and so she stopped off at the mall, leaving the missile in the parking lot. Piper sketches in the belief systems--from Amway's get-rich schemes to propaganda in *The Rocketeer* to evangelism, along with fears

of a Lemurian takeover and Charles Manson--that governed their lives. Her memoir is also a search for the truth of the past and what really brought her parents to China Lake with two young daughters, a story that reaches back to her father's World War II flights with contraband across Europe. Finally, *A Girl's Guide to Missiles* recounts the crossroads moment in a young woman's life when she finally found a way out of a culture of secrets and fear, and out of the desert.

The Essential Girls' Guide to Growing Up -

Annabel E. Lewis 2020-08-16

The Essential Girls' Guide to Growing Up What happens to your Body and Mind Explanation □ incl. Skin Care Tips | Puberty Books for Girls age 9-12 □ For many girls, puberty can be an uncertain time. *Celebrate Your Body (And Its Changes, Too!)* includes everything girls need to know about breasts and bras, their period, hair here and there, feelings and friends, and so much more. This book will guide them as they

learn about (and celebrate) their amazing, changing, one-of-a-kind bodies--during puberty and beyond! 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. Bright, original colour illustrations and diagrams reveal everything young girls need to know about the changes they will experience as they approach puberty. The stunning artwork is accompanied by witty, yet clear and informative factual text that helps to demystify this often confusing and tricky subject. Approved by a team of top-notch consultants, this remarkable and reassuring book is entertaining, approachable and authoritative.

The Boys' Guide to Growing Up - Phil

Wilkinson 2018-10-23

A friendly, reassuring positive guide for boys 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 body hair and vocal changes to mood swings and self-esteem, puberty and parenting expert Phil Wilkinson addresses any worries that boys might have relating to what is 'normal'. He 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, as well as information on how puberty affects girls. Topics covered: What is puberty? Your puberty timeline How do hormones work? The height and weight race A deeper voice Spotty skin Hair, hair, everywhere The art of shaving Sweat, smells and personal hygiene Changes down below More changes down below New feelings Sex explained Making babies Keeping your confidence up Mood swings Managing your feelings Healthy eating The power of exercise

Privacy and your body Puberty for girls Girls have worries, too

Girlology's There's Something New about You - Melisa Holmes 2010

Written by physicians who are mothers of preteen and teen girls, this guide explains the changes girls will be facing as they grow up.

Girlology's There's Something New about You - Melisa Holmes 2010-12-31

You're reaching that age where there's a lot going on: first bras...hair growing in new places...changing friendships..and periods. Some of it makes you feel embarrassed, some of it makes you happy, and some of it makes you want to roll your eyes and crawl under a rock.

Welcome to puberty. Right now you can't imagine how any of this could be fun. But read this book and you can face the weirdness, get over the gross-factor, and head into puberty with confidence and knowledge. It's definitely not a boring lecture. And it's not like an embarrassing little chat with your parents. It was written by

two female doctors who are also moms (and they're pretty funny). In this book, you'll find honest information, useful advice, and tips for handling all the changes. There are also some great short stories about a cast of characters who are going through the same things you may be. This book will help take away the awkward and give you just the information you need to feel confident and ready for the "new" you!

Bloom - 2003

Practical advice from a Christian viewpoint about the internal and external changes experienced by teenage girls, touching on everything from shopping wisely to good hygiene to eating disorders.

Bunk 9's Guide to Growing Up - Adah Nuchi 2017-12-19

CONGRATS! YOU HAVE FOUND "THE BOOK"! Filled with facts, tips, advice, and illustrations, BUNK 9'S GUIDE TO GROWING UP is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in

training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100% owning it! GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY. The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It

Bloom - Carmindy 2014-08-05

From the makeup artist on TLC's What Not to Wear, a full color make-up book that shows teenagers how to embrace their own inner beauty. Carmindy gives teens the beauty basics and best skincare practices needed to grow up gorgeous. Instead of teaching them to cover up

their "flaws," she demonstrates how to emphasize their best features in the most effortless and teen-budget-friendly ways possible. Along with easy-to-follow makeup application tips, this book features beautiful, transformational photos of real-life girls as they get "Carminimized" in age-appropriate make-overs. Carmindy also offers inspiring advice for dealing with a wide range of self-esteem and image issues: from zits and glasses to bullying and peer pressure. Throughout, Carmindy reminds readers to always face the world, and everyone in it, with grace and a positive outlook. The Girls' Guide to Growing Up - Anita Naik 2018-10-23

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

American Medical Association Girl's Guide to Becoming a Teen - American Medical Association 2006-05-19
Becoming a teen is an important milestone in

every girl's life. It's even more important to get answers and advice to the most common health issues girls face from a trusted source. The American Medical Association Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty. Learn about these important topics and more: Puberty and what kinds of physical and emotional changes you can expect—from your developing body to your feelings about boys The importance of eating the right foods and taking care of your body Your reproductive system inside and out Starting your period—what it means and how to handle it Thinking about relationships and dealing with new feelings

The Girl's Guide to Homelessness - Brianna Karp
2011-05-01

Brianna Karp entered the workforce at age ten, supporting her mother and sister throughout her teen years in Southern California. Although her young life was scarred by violence and abuse,

Karp stayed focused on her dream of a steady job and a home of her own. By age twenty-two her dream became reality. Karp loved her job as an executive assistant and signed the lease on a tiny cottage near the beach. And then the Great Recession hit. Karp, like millions of others, lost her job. In the six months between the day she was laid off and the day she was forced out onto the street, Karp scrambled for temp work and filed hundreds of job applications, only to find all doors closed. When she inherited a thirty-foot travel trailer after her father's suicide, Karp parked it in a Walmart parking lot and began to blog about her search for work and a way back.

The Period Book - Karen Gravelle 2017-06-20
This bestselling, essential illustrated guidebook for adolescent girls is a trusty friend that can help girls feel confident about this new phase of their lives. What is my period exactly? Do I need to see a doctor? What does it feel like to wear a pad? What if I get my period at school? Karen Gravelle and her fifteen-year-old niece, Jennifer

Gravelle, have written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons, to how to talk to your parents about it. The Period Book will help guide you through all the physical, emotional, and social changes that come with your period, as well as related issues like dealing with pimples, mood swings, and new expectations from friends and family. Debbie Palen's funny and sympathetic cartoons ease the confusion and exasperation you might feel, and celebrate the new sense of power and maturity that your period can bring.

Growing Up Great! - Scott Todnem 2019-07-30
Every guys guide to navigating puberty One day, your son is just a regular kid doing regular kid stuff and then--BOOM--puberty hits! If they're wondering what's up with all the body changes (like, "what the heck happened to his voice?"), don't worry--of all the puberty books for boys, this one has all they need to know to stay cool

and grow up great. Growing Up Great is a body-positive guide to getting through puberty confidently by respecting the body and all of its changes. From how to handle the physical rollercoaster to coping with out-of-whack feelings, this book has your teen's back--so they can focus on all of the good stuff ahead. When it comes to puberty books for boys, this one has it all: Knowledge is power--This book has everything kids need to understand and embrace the physical changes in the journey through puberty. Feel all the feelings--Teens will learn how to cope with strong emotions by tapping into creativity, exercising, or practicing mindfulness--no other puberty books for boys needed. Real topics--Guys will find tons of relevant advice on how to handle today's challenges like social media, peer pressure, and more. Puberty books for boys should help kids sail through changes positively and with self-confidence. Growing Up Great delivers.

A Girl's Guide to Puberty & Periods - Marni

Sommer 2021-12

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 Columbia University. The goal is to empower girls to feel more confident and knowledgeable about their changing bodies.

The Smart Girl's Guide To Growing Up - Anita Ganeri 2015-09-03

Every smart girl knows when to ask for advice, and this book is an indispensable companion to growing up. Addressing all those cringey questions about periods, boys and boobs that adults squirm at answering, Anita Ganeri's

sensible, light-hearted advice will calm the fears of any worried young woman.

My Body's Changing - Anita Ganeri 2020-01-28

A simple and reassuring introduction to periods and body changes for young girls aged 7 and up. This easy-to-understand, straightforward book gives clear advice for young readers who want to understand more about the changes in their body that happen during puberty. The clear, friendly approach explains what puberty is, what changes might happen from getting hairy to growing breasts, as well as explaining all about periods. The book answers the many questions girls might have about periods, such as: how long do periods last; what are period pains; how do I use sanitary products? The book focuses purely on the changes happening to a girl's body during puberty with no mention of sex, which some younger children aren't ready to learn about. There is sensible advice about healthy eating, exercise and keeping clean, as well as how to tackle any emotional ups and downs and

tips for boosting self-esteem. Questions and answers throughout will help dispel any myths and give gentle advice. Suitable for all ages, and in particular for any young girls experiencing early puberty.

Growing Up for Girls - Felicity Brooks
2016-12-01

A straight-talking book explaining puberty and the emotional, psychological and physical changes girls go through. Covers everything girls want to find out about, including moods and feelings, periods, what happens to boys, diet, eating disorders, exercise, body image, sex and relationships, contraception, self-confidence, drink and drugs, exam stress, and cyberbullying.

Grown: The Black Girls' Guide to Glowing Up - Melissa Cummings-Quarry 2021-09-30

'Thank you for being the baddest in the literary game, knowing and loving us Black girls'
Candice Carty-Williams, author of *Queenie* 'Such a loving and warm guide and ode to black girls, I am so happy the younger generation have this in

their lives' Bolu Babalola, author of Love in Colour Your big sis in book form, Grown is the ultimate fully illustrated guide to navigating life as a Black teenage girl. With a foreword from the inimitable Spice Girl Melanie Brown and contributions from inspirational Black women such as Diane Abbott MP, Dorothy Koomson and Candice Carty-Williams and illustrations from Dorcas Magbadelo, Grown is a celebration of Black British girlhood that will empower teens everywhere. Being a teenager and trying to understand who you are and what you stand for is hard. Period. But if you're a Black girl and don't always see yourself represented in the books you read, the films you watch, the adverts you see or the history you're taught, it can be even tougher. Grown: The Black Girls' Guide to Glowing Up was written with one thing in mind sis. You. From understanding identity to the politics of hair to maintaining squad goals to dealing with microaggressions to consent to figuring out what career you might want, Grown

has got your back. Natalie A. Carter and Melissa Cummings-Quarry, founders of Black Girls' Book Club, share stories - the wins and the Ls - and offer honest, practical advice that will show you how to own your choices. To live your truth without fear. To be grown on your own terms without limits or apologies. Grown. It's a mood. It's a mindset. It's a mantra. It's a lifestyle. It embodies everything that makes us who we are.

The Boy's Body Book - Kelli Dunham

2013-07-09

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.

A Good Girl's Guide to Murder - Holly Jackson

2020-02-04

THE MUST-READ MULTIMILLION

BESTSELLING MYSTERY SERIES • Everyone is talking about A Good Girl's Guide to Murder! With shades of Serial and Making a Murderer this is the story about an investigation turned

obsession, full of twists and turns and with an ending you'll never expect. Everyone in Fairview knows the story. Pretty and popular high school senior Andie Bell was murdered by her boyfriend, Sal Singh, who then killed himself. It was all anyone could talk about. And five years later, Pip sees how the tragedy still haunts her town. But she can't shake the feeling that there was more to what happened that day. She knew Sal when she was a child, and he was always so kind to her. How could he possibly have been a killer? Now a senior herself, Pip decides to reexamine the closed case for her final project, at first just to cast doubt on the original investigation. But soon she discovers a trail of dark secrets that might actually prove Sal innocent . . . and the line between past and present begins to blur. Someone in Fairview doesn't want Pip digging around for answers, and now her own life might be in danger. And don't miss the sequel, Good Girl, Bad Blood! "The perfect nail-biting mystery." --Natasha

Preston, #1 New York Times bestselling author **A Girl's Guide to Growing Up** - Judith E. Greenberg 2001-01-01

Discusses the issues faced by middle-school girls as they grow up, including personal relationships, school responsibilities, personal style and self-image, temptations, risky behavior, and the many decisions they must make.

Girls Only! All About Periods and Growing-Up Stuff - Victoria Parker 2011-08-04

The essential girl guide to growing up! *Girls Only!* focuses on the practicalities, social and personal implications of starting your period, and the physical and emotional developments in puberty. It tells you what happens and when, what you need to know and how to prepare. It answers all the questions girls are dying to ask, but daren't, in a clear, friendly way, using real-life examples. It's the perfect first book about periods for girls from primary school age and upwards, with a reassuring tone and fun, quirky illustrations. The perfect first book about periods

for girls of primary school age, information at the right level. Family Interest Parenting [Supercool Puberty and Period Book for Teen Girls AGES 8-12YRS](#) - Erica Grace 2021-02-02 The supercool puberty and period book for girls ages 8,9,10,11,12 is here new version Looking for an easy, essential illustrated guidebook for young which help girls feel confident about this new phase of their lives. Learn all about your period and find out if you need to see a doctor? What does it feel like to wear a pad? What if you get your period at school? Erica grace has written a down-to-earth and practical book that answers any questions you might have about your period, from what it is and what it feels like, to how to choose pads and tampons how to talk to your parents about it. The Period Book for girls will help guide you through all the physical, emotional, and social changes that come with your period, See the easy way of dealing with pimples, mood swings, and new expectations from friends and family. Using

simple explanation and images to ease the confusion and exasperation you might feel, and celebrate your body and its changes too . GRAB A COPY AND SEND MORE AS A GIFT. CLICK THE ORDER BUTTON NOW

The Growing Up Guide for Girls - Davida Hartman 2015-03-21

The Growing Up Guide for Girls is a one-stop guide for young girls on the autism spectrum explaining all they need to know about puberty and adolescence. The pre-teen and teenage years are a bumpy time when bodies change, emotions are high and peers are developing at different paces. Using simple, literal language and delightful colour illustrations, this book explains the facts about body changes such as growing hair in new places, periods, wearing a bra and keeping spots away! It gives cool tips on what makes a real friend, what it means to have a crush on somebody, and how to stay safe online. Most importantly, it explains that every body is beautiful and unique and encourages

young girls with autism to celebrate difference!
Perfect preparation for the teenage years for girls aged 9-14.

The Girls' Life Guide to Growing Up - Karen Bokram 2000-05-25

Advice from Girls' Life magazine in a hip and honest guide to growing up.

Bunk 9's Guide to Growing Up - Adah Nuchi 2017-12-19

CONGRATS! YOU HAVE FOUND "THE BOOK"! Filled with facts, tips, advice, and illustrations, BUNK 9'S GUIDE TO GROWING UP is the girl-powered puberty book you'll actually want to read. Written in the voice of the counselors in training at the fictional Camp Silver Moon, it's like having your best friend or older sister share everything there is to know about being comfortable in your changing body. From periods, bras, and hormones to nutrition, exercise, and sleep—to crushes, that first kiss, and ALL the feels—it's the head-to-toe guide to not only surviving puberty but totally, 100%

owning it! GUARD THIS BOOK WITH YOUR LIFE AND USE ITS SECRETS WISELY. The Top Three Tips for the Best Puberty Ever A Field Guide to Breasts Acne: Self-Care and Skin Care The 'No-Smell' Basics Rocking Your First Period Why Sleep? Boys: They're Changing, Too Crushing It

The Girl Guide - Marawa Ibrahim 2018-05-01

For every tween 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*?

A Girl's Guide to Life - Katie Meier 2010-06-22
Presents advice for teenage girls on how to improve body, mind, and soul as they grow into womanhood.

The Girls' Guide to Sex Education - Michelle Hope 2018-02-20

When it comes to sex education, parents of adolescent girls often know just as little about where to start as girls themselves. Even the mention of sex education or puberty can make everyone feel uncomfortable, nervous, or insecure. In *The Girls' Guide to Sex Education*, award-winning youth sex education expert Michelle Hope offers down-to-earth, supportive sex education guidance as she addresses the

most pressing questions that girls have about sex, puberty, and relationships-directly and without judgment. *The Girls' Guide to Sex Education* will arm girls with a complete understanding of their body and, as a result, will empower them to make informed, healthy decisions.

[The Care and Keeping of You Journal 1](#) - Cara Natterson 2013-02-26

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 Girls' Guide to Growing Up - Terri Couwenhoven 2011-12-01

Presents a guide for girls with intellectual disabilities as an introduction to the physical and emotional changes they will encounter during

puberty.

You! A Christian Girl's Guide to Growing Up

- Nancy N. Rue 2016-05-10

In this fun and interactive book from bestselling author Nancy Rue, all the questions girls 8 to 12 ask about their changing bodies and growing up are answered, along with advice and health tips designed to help you become the confident, beautiful young woman God created you to be. Whether you're noticing new curves and hair growing where it never did before, or feel like your emotions are always on the surface, you likely have a lot of questions about what is going on inside you ... and what it means. No matter how big the question or how embarrassing it may sound, Nancy Rue is here with answers. Inside *You! A Christian Girl's Guide to Growing Up*, you'll discover: honest answers to your changing-body questions health and beauty tips quizzes and journaling space to help you figure out where you are in your puberty journey medical and spiritual facts on the things you

wonder about advice from girls like you who have been where you are Most importantly, you'll discover the true beauty that is revealed as you grow closer to God, and all the things you're going through are actually part of his plan for the beautiful, confident, grown-up you! *You! A Christian Girl's Guide to Growing Up*: can be used as a supplement to school health classes looks at puberty from a Christian perspective helps make adolescence understandable and manageable for young girls features a conversational tone and fun features

You! - Nancy Rue 2013

Presents information for girls about the physical and emotional changes which take place during puberty, discussing hormones, menstruation, nutrition, eating disorders, exercise, cleanliness, and body image.

Girls' Guide to Caring for Your Body - Isabel Lluch 2012

Provides tips and advice for girls on the topics of friendship, fashion, emotional issues, hygiene,

and health issues related to puberty.

Muslim Girl, Growing Up - Natalia Nabil

2018-01-05

"How can I prepare her for this new phase? I wanted to find a resource that can explain the details of this special stage while also integrating the important aspects of it from the Islamic religion. Being from the West, most books I found only explained the physiological changes. But I found that Muslim girls, especially ones from Western countries, need to know more about the religious implications of this stage. So I decided to write this guide to help young girls understand the basic things a Muslim girl should know about puberty, including the religious aspects that come along with it. However, this guide is just a starter to the journey ahead. I encourage parents to talk with your teens and pre-teens about this important stage of life to have a full and thorough understanding." - Natalia Nabil
Includes: What is puberty and its stages.

Hygiene tips. Religious duties to perform. And ones to stay away from. And much more

My Body's Superpower - Maryann Tomovich

Jacobsen 2019-05-06

Puberty is a time a girl's precious body image is at stake. My Body's Superpower shows girls just how amazing and powerful their changing bodies are so they will want to take care of themselves. Each chapter utilizes the Superpower Formula: understanding what is happening inside the body (Super Knowledge), decoding body signals (Body Talk), and learning how to "time travel" to the future when making decisions. Whether it's the different stages of puberty, the reason behind intense hunger and weight gain, or feeling emotional and unsure about friends, this book has it covered. The book is divided into three parts that cover 9 superpowers: Physical Powers: Understanding physical changes during puberty and giving the body what it needs to thrive. Emotional Powers: Tuning into the inner world of feelings, choosing

the best super friends, and taking time to discover more about yourself and what excites you. *Outside Powers*: Learning how to critically think about media messages and reduce

pressure in both the "virtual" and "real" worlds. The book is even better when read alongside a trusted female adult. So it has the potential of bonding time, sharing stories, and helping both girls and women appreciate their bodies.