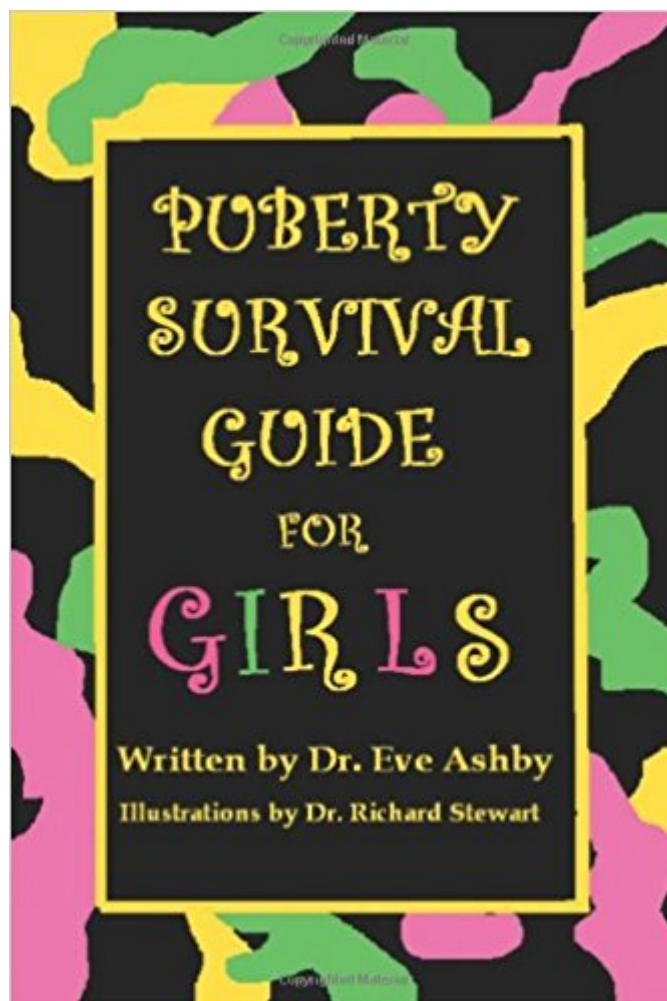




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Puberty Survival Guide For Girls



Synopsis

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.

Book Information

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Age Range: 9 - 12 years

Grade Level: 4 - 7

Customer Reviews

Dr. Eve Anne Ashby is a practicing gynecologist with Lowcountry Medical Group. She lives with her husband, Dr. Richard Stewart and two daughters in Beaufort, South Carolina.

I purchased this for my beautiful grand daughter who is 11. I did read this after I recieved it, just in case it needed to be returned. The wording is perfect and helps to explain things in such a manner that she will be able to understand the changes happening to her body. The illustrations look like pencil drawings, not too explicit and easy for a young girl to understand. It has 48 pages, so she won't get bored with a lot of unnecessary information. I would highly recommend this to anyone looking to help a girl with all the changes and questions she has about her body.

As a grandmother and educator, I am becoming increasingly more aware of girls entering puberty younger and younger. I love this book because it introduces the young the process of becoming a woman in a very straight forward manner. More importantly, the book emphasizes the fact that each girl is an individual and there is no absolute norm for entering puberty. My granddaughter also was able read the book and ask questions as needed. She revisits various chapters as needed.

This helped me a lot I used to be afraid of what was about to happen to me (I'm ten and the only girl in my class who wears a bra) so I was scared this book helped me a lot and my mom bought it cause I don't like to talk about that kind of stuff with her so thanks a lot !!!!!

I felt that this book was a great way to open up to our girls about the changes that our bodies, as women, go through. My mother never did this for me, and I did not want to do that to my girls. When ever we are in doubt, we just open up the book and read to them again, or pick out parts to remind them of what is happening to them. The girls, now have a better understanding of why they cant help but cry, or bodily changes. Love it.

I read the book first...will not be giving it to my almost 9 year old daughter as it mentions right away a period...my daughter needs the education first to know what a period is...I also don't like how it talks about anorexia (that's something to talk to teens about not a not quite 9 year old). Will maybe give it to her when she's older...maybe...

This book covers some very good points, makes very easy to understand explanations and gives your child an idea of what they do or do not understand about what they are about to go through. It even explains that your daughter may go through puberty at the same time as their mom, and not only should they ask about that, they should do it in private and not at the dinner table. That right there would've saved me A LOT of trouble as a young girl. It didn't get 5 stars because it is kind of

expensive for a book so very very short.

I love this book. It helps me provide answers to my daughters questions before she has them. Now some of it is further than she is ready to handle, but that's what makes this book so great. It can/will grow with her. And keep great communication open between us.

I read this book before the big talk with my daughter about her changing body and sex. The terminology is excellent for younger (8) and older (13) girls. I believe she will get the full understanding of her changing body from this book.

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