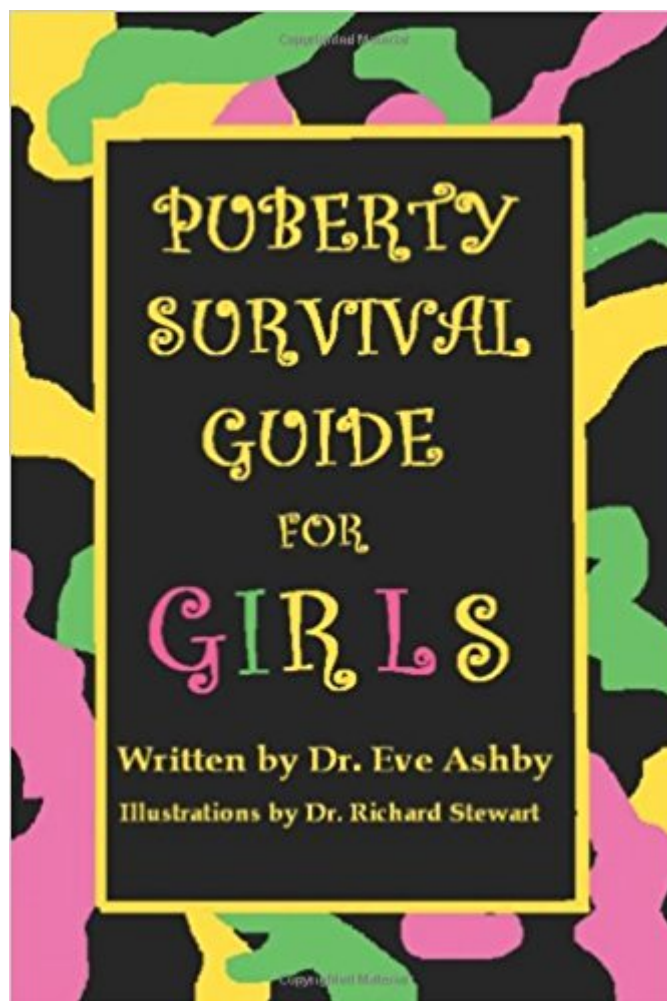




Ebook Directory
the best source of ebook

The book was found

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

Paperback: 56 pages

Publisher: iUniverse, Inc. (February 17, 2005)

Language: English

ISBN-10: 0595342205

ISBN-13: 978-0595342204

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #658,346 in Books (See Top 100 in Books) #79 in Books > Children's Books > Growing Up & Facts of Life > Health > Maturing #2982 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women

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.

[Download to continue reading...](#)

The Essential Guide to Puberty In Girls: How to Talk to Your Daughter About Sex, Puberty, and a Girl's First Period Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Puberty In Boys: How to Talk to Your Son About Sex and Puberty Puberty Survival Guide for Girls The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) The New Puberty: How to Navigate Early Development in Today's Girls "What's Happening to Me?" A Guide to Puberty What's Happening To Me?: An Illustrated Guide to Puberty The Boys' Guide to Growing Up: Choices and Changes During Puberty The S Word: A Boy's Guide to Sex, Puberty and Growing Up Does This Happen to Everyone?: A Budding Adult's Guide to Puberty Sex, Puberty, and All That Stuff: A Guide to Growing Up Coloring Books for Girls: Inspirational Coloring Book for Girls: A Gorgeous Coloring Book for Girls 2017 (Cute, Relaxing, Inspiring, Quotes, Color, ... Books Ages 2-4, 4-8, 9-12, Teen & Adults) AnimÃ© nude young hentai fund of sex â “ Hot manga pictures 2: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep AnimÃ© nude young hentai fund of sex â “ Hot manga pictures 1: Sexy girls animÃ© nude girls, sexy animÃ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃ©) Miracle Girls #4: Love Will Keep Us Together: A Miracle Girls Novel (Miracle

Girls Novels) Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls
(Paperback))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)