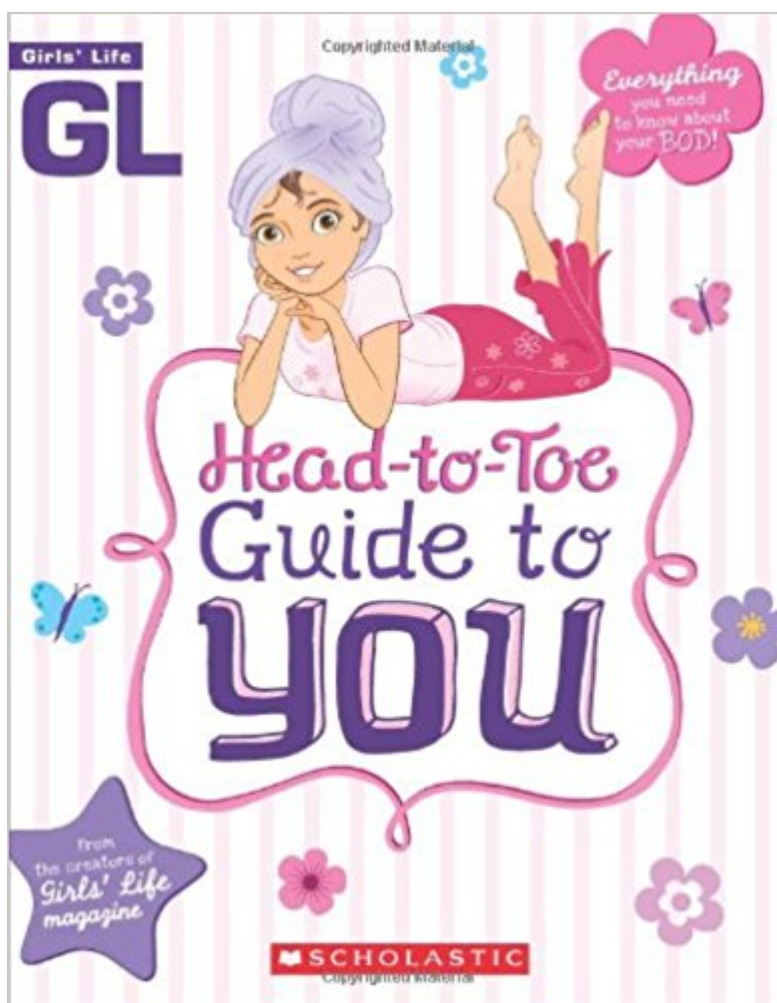


The book was found

Girls' Life Head-to-Toe Guide To You



Synopsis

The essential guide to growing up for girls! A must-have book for any girl that's looking for straightforward advice about her body. Covering everything from periods, deodorant, bad breath, smelly feet, hair, braces, acne, and bras, to eating right, staying fit, and everything in between, *Girls' Life* delivers the body basics. Complete with tips, quizzes, Q&A's, embarrassing moments, how-to's, mythbusters, letters, and lots more to help every girl look and feel fabulous inside and out!

Book Information

Series: Girl's Life

Paperback: 128 pages

Publisher: Scholastic Paperbacks; 1 edition (April 1, 2010)

Language: English

ISBN-10: 0545202361

ISBN-13: 978-0545202367

Product Dimensions: 7.1 x 0.3 x 8.9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 55 customer reviews

Best Sellers Rank: #81,483 in Books (See Top 100 in Books) #11 in [Books > Teens >](#)

[Personal Health > Maturing](#) #22 in [Books > Teens > Personal Health > Body, Mind & Spirit](#)

[#86 in \[Books > Parenting & Relationships > Parenting > Parenting Girls\]\(#\)](#)

Customer Reviews

KAREN BOKRAM is the former Senior Editor of "Mother Earth News and has worked at "Psychology Today, and "Seventeen. She lives in New York City. Joanna Cole is the author of the popular Magic School Bus series, "I'm a Big Brother", "I'm a Big Sister", and many other award-winning books. In "Asking About Sex & Growing Up", she provides a reassuring blend of practical guidance and scientific fact for the audience that needs it most.

I bought this for my 10 year old daughter to take the edge off the puberty talk that I knew had to come soon, as I didnt have a mother or mother figure at her age to talk about it with, I had no idea what to say, I read the book myself first to make sure I was ok with it.. there is no "sex" talk which is what I feared I would find, just the important stuff they need to know at this age. she read it front to back, and is thrilled with her knowledge. and she even told me shes glad I got her a book instead of trying to tell her all that cause its personal and she would rather read it then have an embarrassing

talk with her mom about it. Money well spent.

I was looking for something to help my 10 year old daughter understand the changes that occur as she grows up and this book has been amazing! It's geared just right for the pre-teen age. It answers her questions about herself without going into the birds and the bees. Rather than scare the snot out of her with "The Talk" I have simply addressed her questions as they come up, in an age appropriate fashion of course. ;) I really love this book because it answers her questions about herself in a straight forward, practical and fun manner. The bright colors and girly feel to the book appeals to her and the information is broken down to a level that she totally understands without trying to dumb it down. As a heads up, there are illustrations of various parts of a woman's body in the book, but they are tastefully done. It's a bit like an anatomy book, but geared at a level my daughter understands and is not frightened or grossed out by. I'm really glad that I got her this book as it seemed to put to rest a lot of the anxiety she had about herself as she changes and grows.

I bought this for my 12 year old granddaughter this Christmas. She reminds us constantly she is a "preteen". This book answers many questions girls this age may have about their personal care and relationships with friends. I feel it formulates questions a girl this age may not be able to put into words herself and ask an adult. Very well received.

So far, my eleven year old is enjoying the book. Although she already knows the essentials, this book has helped to answer some questions she was afraid to ask and has sparked conversations. I'll be buying another one for my 9 year old.

This book has so much great information for girls who are starting to develop into young adults. A bit of humor helps get the messages across - everything from hygiene to nutrition to body changes to menstruation. My 10YO has read it over many times! We have a great open dialogue, but this book is the perfect way to start a new topic.

My daughter is in the preteen stage, and having some issues dealing with her changing hormones, and since we're in the "parents are horrible, and know nothing" stage, this book helps her understand. Although, the "whats going on down there" chapter, grossed her out, lol.

I gave it to my 11 year old daughter and she seemed to like it, I also had no idea that in health class

now they teach 5th grade elementary school kids about sex and also the teachers have to demonstrate how to put on a condom and the part about how the boy body changes and how the girls body changes are taught all at the same time without separating them at times as to be suggestive. Kind of disturbing if you ask me, that's why I decided to take matters in my own hands and teach my kids what I know the school system won't do! And this book is a good part of the transition.

Great book! My daughter's very inquisitive so this book is right up her alley. We've already had conversations about puberty but the book kind of seals the deal, so to speak. It solidifies what I've already told her and has opened the door to many conversations. It also helps her to know that every girl will experience these changes in their bodies too.

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